

Such good sense!
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Ten new private hospitals planned for the Algarve

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HIV heroes

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Portugal's longest trial draws to a close

This week the longest trial in Portuguese history – the Casa Pia paedophilia trial, which gained notoriety for involving a number of high-profile dignitaries and celebrities – is to draw to an end after four years. Final allegations have been made by the Public Prosecutor, which will be followed by the council for Defence, on December 9th. (See Page 9)

Weekend weather

Lisbon: The capital will record light showers over the weekend, with maximum temperatures not passing the 15° mark. **Faro:** Light showers have also been predicted for the south of the country, the nights will be milder than they have been in recent days. **Oporto:** The north will be cold and rainy, and while lows are expected to rise, highs are forecast to drop.

Upcoming holidays in Portugal:

December 1st and December 8th. Some shops and offices may be closed.

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Latest OECD forecasts show Portugal likely to suffer least from global 2009 recession



The OECD (Organisation of Economic Cooperation and Development) whose members include the world's most influential and wealthy countries has this week said that Portugal will be among the Western European countries whose economy will least suffer from the looming 2009 recession. While the once booming economies of nations such as Spain and Ireland will contract by 0.9 percent and 1.1 percent respectively in the coming 12 months, the Portuguese economy will experience a downturn in economic growth of only 0.2 percent next year before seeing its economy expand by 0.6 percent in 2010.

Outpaces, see p. 3

Minister of Economy, increasingly considered a champion of foreign investment and green projects in recent times, pictured here earlier this week in the far northern town of Valença at the opening of the largest wind farm in Europe. (Photo: Lusa/Estela Silva)

Teachers unite in protest

This week thousands of teachers across the country are to carry out a four-day protest to demand the Government ends its current model of teacher evaluation.



The teachers' protest in Lisbon last weekend. (Photo: Lusa / André Kusters)

In the city of Oporto more than 5,000 teachers gathered in the Praça da Liberdade. The same could be seen in the cities of Braga, Bragança, Viana do Castelo and Vila Real.

General Secretary of Teachers Union FENPROF, Mário Nogueira, said that the "en-masse presence of teachers on the streets of Oporto is a demonstration of how unfair, incoherent and impracticable this model of evaluation is".

He also said that "the Government's stubbornness is hindering teachers' performance and, subsequently, children's learning".

The Union is firm in its stance that "suspending the current model of evaluation for teachers is the only way to start negotiations", following which "a provisional solution will be found for this year, which could be auto-evaluation, and a better form of evaluating teachers will be discussed for the school year 2009/10".

According to a FENPROF spokesperson, so far at least 310 schools have already suspended the current form of teacher evaluation, and few schools are actually going ahead with it.

Head of the National Federation of Education (FNE) João Dias da Silva, who was also present at the demonstrations in Oporto and Braga, also described the Government's proposals for making the teacher evaluation process simpler, as "unacceptable" and "insufficient". He said, "Suspending it for now is the only solution".

More demonstrations took place mid-week in Central Portugal, namely Aveiro, Castelo Branco, Coimbra, Guarda, Leiria, Viseu and Lamego, followed by protests in Lisbon, in front of the Ministry for Education, as well as Setúbal, Santarém and Caldas da Rainha.

The week's action ended with demonstrations in Portalegre, Évora, Beja and Faro. Teacher's actions will, however, continue through the month of December, when a national strike will be held on December 3rd, and a 48-hour protest in Avenue 5 de Outubro, in Lisbon, in front of the Ministry of Education, on December 4th and 5th.

More regional strikes are planned for 9th and 12th of December, which could extend over the following week.

Ten new private hospitals planned for the Algarve



More than ten new private hospitals are in the pipeline to be built in the Algarve, where beds in that sector are expected to triple over the next five years, and are mainly aimed at tourists holidaying in the region.

The region's main private health groups believe that the Algarve has serious reasons to better cater for an 'expanding sector', for which there is demand, and new projects have been confirmed in Albufeira, Faro and Portimão.

The first new private hospital will open mid-2009, in Faro and is part of the Grupo Hospital Particular do Algarve. It will take shape next to the Gambelas University Campus, offer 100 beds and various private rooms and suites.

The Group was the first to in-

vest in that sector, having established its first unit in Alvor 13 years ago and has continued a marked expansion since.

A spokesperson for the Group told the Lusa News Agency "the Algarve has all the necessary conditions to become a point of reference concerning healthcare". No expense is being spared on the new Faro Private Hospital, which will reportedly measure 12,000 square metres and consist of an ER department, intensive care unit and state-of-the-art diagnosis equipment.

José Miguel Boquinhas, ad-

ministrador of the Grupo HPP Saúde, which will also build a new hospital in Faro sometime within the next three years, said "there is an important group of new clients in the Algarve that could fulfill this strategy for growth".

With private units already in Lagos and Faro, the HPP Group predicts a turnover of nearly €15 million over the next five years.

"The number of tourists spending long periods of time in the Algarve, namely from Northern Europe, as well as those who just spend a few days in the region, are all potential clients", he said.

Established one year ago, the Lenitudes Group, which is pre-

sided over by Murteira Nabo and specialises in real estate development, has launched a project for Portimão that entails a network of assisted apartments, described as "urbanisations where permanent healthcare is guaranteed", said Luís Carito, who is second in command at Portimão City Hall and one of the Group's administrators.

The project will also entail a private hospital and will start to take shape next year.

There has also been interest shown by a South-Korean Group who have stressed intentions to purchase a plot of land next to where the future Central Algarve

Hospital will stand, in 2013, to build a 'Health Hotel'.

In Albufeira, the Trofa Health Group have already started the construction of a new private hospital with around 50 beds, whilst another rumored to be twice the

size is in the planning for Ferreiras.

More private hospitals are still to be built in Loulé, Tavira, and Vila Real Santo António, where the Council is negotiating with Cuba to bring over specialists from that country.

Consumers cash in on cheaper fuel

Compared with the cost of fuel at pumps in June this year, Portuguese filling up with unleaded petrol 95 or diesel in their cars are now saving an estimated €19 per full tank, calculations have showed.

Filling a 60 litre tank, the most common size petrol tank in Portugal, with unleaded petrol (95) now costs around €71.40, whereas in the last week of June the same quantity would have cost €90.66.

This equates to a saving of €19.26 in comparison with five months ago, a fall in price of 21.2 per cent.

Unleaded petrol (95) is in fact now 32.1 cents cheaper per litre.

On Wednesday, CEPESA and Total slashed prices at the pumps for unleaded fuel and diesel by 4.3 cents and 3.3 cents respectively.

In a related development, it has been reported this

week that the Government is losing millions of euros in fuel taxes. Between January and October this year, and in comparison with the same period last year, the Portuguese state has suffered a loss of 19.4 per cent in revenue from Petrol Product Taxes (ISP). Receipts from new vehicle taxes has also fallen by 22.6 per cent, according to data from the Government's October Budget Report.

In terms of ISP, the Ministry of Finance said it was due to a "fall in the demand for fuel, the consigning of Road Service Contributions, and not updating taxes".

Meanwhile, it has been noted that the Portuguese are increasingly filling up their cars from supermarket and hypermarket pumps, where prices are significantly lower than at traditional petrol stations and make up 19 per cent of the entire market.

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HIV heroes



At Casa Sol children help each other with reading, writing, and homework, like any other tight-knit family unit.

Childhood is supposed to be a carefree, innocent time made safe and stable by parents' and families' unconditional love. And for the children living at 'Casa Sol', in Lisbon, it is exactly that – except many of them do not have parents or a family of their own and they all live with one of the most complex social stigmas of present times: HIV. **The Portugal News** visited this exemplary and unique insti-

tution, which cares for a part of society that is embraced by some, but shunned by most.

CasaSol, or 'Sunshine Home', is 'home' for 22 boys and girls, ranging from newborns to mid-teens, all of whom are infected with, or have been affected by, one of the world's most notorious, incurable diseases.

Some of the children have lost one, if not both parents to the disease; others are placed in the home as their parents are too ill

or in no position to look after them.

All the children living at Casa Sol are there at the court's request, generally as their own family environments are considered 'of risk', often involving long-term unemployment, prostitution, alcoholism and drug abuse.

Casa Sol technical director and social assistant Inês Gonçalves told **The Portugal News**, "We have children from the north to

the south of the country, of varying nationalities and ethnicities. We have Angolans, Cape Verdeans, Guineans, and of gypsy ethnicity, but they are all from very poor and problematic social backgrounds".

The majority are HIV positive.

HIV (Human Immunodeficiency Virus) takes over the body's immune system cells to reproduce itself, causing slow but constant damage. Over time, on average eight to ten years, it progresses into AIDS (Acquired Immune Deficiency Syndrome), which is generally diagnosed when a group of related symptoms are caused by severe HIV infection.

AIDS leaves the body vulnerable, when even basic illnesses become life-threatening and are eventually fatal.

There is as yet no known cure for the HIV virus, but advances in medicine mean that, when it is caught in the early stages, it can often be controlled and, in some cases, even sent into remission for indefinite periods of time, giving children like those at Casa Sol a glimmer of hope for a more 'normal' future.

Inês Gonçalves explained, "There is no paediatric medication for HIV positive children. They are prescribed adult medication that is adapted to each situation".

Resident psychologist Mafalda Lopes added: "We consider these children heroes, many of them are being treated with experimental drugs, so they are like guinea-pigs, but they are all happy and positive."

"They are aware of their illnesses and are taught about their disease from the start. In many cases, such as if they cut themselves, they are the first to tell others how to proceed", she explains.

But irrespective of the child's limited life expectancy, Casa Sol aims to give each one the best possible quality of life on a day-to-day basis.

Founded in 1992, the Sol institution was the creation of Teresa D'Almeida, who saw an urgent need to provide care and support not only for children affected by the HIV/AIDS epidemic in Portugal, but also for their families.

It was to become a 'ray of sunlight' for families suffering the consequences of the disease, providing home care, guidance, material aid, information and affection, and psychological support for the children, victims, and non-infected family members. The Association strives for the child to stay with its biological family for as long as possible, encouraging and supporting the family's self-sufficiency, until the courts or health reasons dictate otherwise.

In 1993, the Regional Health Association (ARS Lisbon) gave a derelict building to the institution for a period of 30 years, to provide shelter for the many children left orphaned or in a situation of abandonment by HIV. It took five years to make the building suitable for living in, greatly helped by donations from local builders and businesses, and was officially inaugurated on September 2nd, 1998.

Now it is bursting with the seams.

More than two dozen employees and volunteers make up a surrogate family for the children, rotating in three daily shifts providing 24-hour supervision.

Casa Sol differs from the traditional model of children's insti-

tutions, because of the feeling of belonging and the family unit it aims to create. Official titles like Miss, Mr. or Dr. are dismissed, replaced with names like 'Auntie' and 'Uncle'. Dormitories and the canteen are referred to as the 'girls' rooms', 'boys' rooms' and 'dining room'.

This family-orientated philosophy and approach to helping tackle a worldwide epidemic has earned the home a UNESCO award. It is the only one of its kind in Portugal and one of only a few specialised institutions in Europe. It also offers aid and psycho-social support to 37 HIV positive adults and 10 relatives – two aunt and eight grandparents – many of whom pop in during the day for counselling.

The home also works as a day care centre for non-residing HIV-infected or affected children.

"We try our best to give each residing child as much personal space as possible. Sometimes they will come in from school angry or upset and need to be alone", said Mafalda Lopes.

Daily life can get somewhat chaotic as the children come and go at a constant rate, attending school, activities and doctor's appointments. Even so, as a principal, breakfast and evening meals are enjoyed together, sat at a large table where chit chat is the dish of the day. After school the children help each other with homework, older ones assisting the younger ones with their reading and writing.

Scholastic success rates vary.

Says Inês, "As with all children some are very good at school, others don't do so well. But these children have the added hindrance of missing quite a few lessons as they need regular doctors' appointments".

Casa Sol is the children's 'home' in every sense of the word and for as long as they need; there is no age limit for leaving.

"There are four ways in which the children will leave: adoption, re-integration with the biological family, leaving of their own accord once independent, or death.

It is not nice to think about, but unfortunately it is our reality", Inês explained.

Over the years a few of the children have been adopted by staff members, as mainstream adoption of HIV positive children is "complicated". But as soon as one vacancy opens at Casa Sol, it is immediately filled.

"For many of these children this is the only home they have

ever known and we are the only family they have. As with any other family, we are not going to put them out until they are ready and circumstances are right. They stay for as long as they like", said 'Auntie' Inês Gonçalves.

But despite being a permanent home to more than 20 youngsters with needs like any others, Casa Sol is only governmentally financed to take on 11.

On the day of **The Portugal News's** visit it was the home's oldest member's 14th birthday. He has been at the home since a toddler.

It seems society struggles to re-integrate HIV-affected children. Many are left in limbo, as was the case of one young girl, who as well as being HIV positive suffers cerebral palsy and is wheelchair bound. She spent several years in 'residence' at a state hospital in Faro before being found a place at Casa Sol.

Another two-year-old failed to be accommodated elsewhere as "nobody would take him on".

A more recent case saw the arrival of a 15-day-old, premature newborn, who due to the mother's drug dependency had to be monitored by staff around the clock, suffering agonising withdrawal symptoms in an already fragile condition.

Now five months old, the baby is healthy and happy, though whether or not it is HIV-positive will only be diagnosed at six months of age.

Because of their condition these children's chances of adoption or placement in non-specialised social institutions are limited. As a result, and at the courts' request, Casa Sol has reached its maximum capacity twice over and now struggles to make ends meet, both space-wise and money-wise. And the waiting list is believed to be huge. Last year it was calculated there were around 9,400 women infected with the HIV/AIDS virus in Portugal. How many of these women are mothers or are expecting is unknown.

"You may ask why we keep taking children in if we have already surpassed our limit", Inês reflected, "The cold reality is they may have no where else to go".

If you would like to know more about Casa Sol, see website: www.sol-criancas.pt. Contributions can be made to Millennium BCP, account number: 57756420, NIB: 0033 0000 0005 7756 4200 5.

Carrie-Marie Bratley

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AIDS in Portugal



Next Monday, December 1st is World Aids Day, 24-hours dedicated to internationally raising awareness about a global epidemic of which little is still known. There is no cure for the HIV virus, from which AIDS results and affects people from all walks of life, but it has been reported that Portugal is one of 16 countries where treatment effectively reaches patients in the more advanced stages of the disease.

According to the 'World HIV/AIDS Epidemic Report 2008', published by the United Nations' joint programme UNAIDS, last year there were an estimated 34,000 people in Portugal with the virus.

That year 500 people died from the disease.

However, the actual figure could vary from 20,000 to 63,000 infected people.

Recent figures published just this week have confirmed that this year, so far, around 2,000 people have been diagnosed with the HIV virus in Portugal.

Henrique de Barros, coordinator of the National HIV/AIDS Infection Research Committee, said "the number of tests carried out this year have doubled", in comparison to previous years.

This year, an estimated 30,000 HIV tests were requested voluntarily, with around one million tests being carried out in hospitals throughout the country, including tests on pregnant women.

In 2001 there were approximately 7,700 women with the virus in Portugal, in 2007 that number rose to 9,400.

Meanwhile, the 'World HIV/AIDS Epidemic Report 2008' showed that the most widely infected age-group is between 15 and 49 years of age.

Within the 15-24 age group, 0.3 per cent of women and 0.5 per cent of men were infected in 2007. In an attempt to curb the spread of the HIV virus amongst younger age groups, Henrique de Barros said he agreed that "schools should have condom vending machines, as the main focus must remain on prevention".

The same report also reveals that Portugal is one of 16 countries where treatment reaches more than 75 per cent of those in advanced stages of infection most effectively, being on a par with countries including the UK, Germany, Northern Ireland, Denmark, Cuba, Costa Rica, Botswana, and Namibia.



Sérgio Luís travels more than 30 thousand kilometres per year to lecture in day-care centres and schools on HIV. (Photo: Lusa / António José)

No mention is made of children in Portugal who were orphaned by the disease, or of any case of infection in the under-14s.

Portugal was also recently highlighted by a European Observatory report (OEDT) as being the country where there are the most new cases of drug addicts being infected with AIDS.

In 2006, 703 new cases were documented, significantly higher

than the European average. Estonia had the second highest rate in Europe, with 191 new cases, followed by the UK (187), Germany (168), and France (167).

Last week the OEDT estimated that every year there are 3,000 new cases of drug addicts contracting AIDS via needles.

It is also calculated that 40 per cent of addicts have Hepatitis C, a disease that has a high fatality

rate and is notoriously hard to treat.

In its annual report on illicit drug use in Europe, Europe's drugs watchdog, the EMCDDA, confirmed that while the number of cannabis users far outnumbers heroin users, heroin, nonetheless remains the EU's biggest drug problem in terms of both health and social costs. Besides being highly addictive and prone to

overdose, it contributes to the spread of HIV and Hepatitis C, both of which can be passed on through contaminated needles.

Europe's drug monitoring authorities are among the most developed in the world.

As the EU prepares to embark on a new EU drugs action plan (2009-12), an even better understanding of the challenges ahead is needed.

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Joana case: "Photos could have been doctored", says IT expert



An IT expert told Faro courts that pictures of a mother who claims police beat her into confessing she murdered her missing daughter could have been manipulated.

The pictures of Leonor Cipriano's beaten and bruised face made the front page of most national newspapers in October 2004. Leonor Cipriano was accused of murdering her daughter, Joana, who had disappeared from the village of Figueira, near Portimão, in September 2004.

Electronic engineer Miguel Custódio was called to Faro courts as an IT specialist by the defence lawyers of Inspector Marques Bom, who is one of five officials accused of beating the suspect into a confession.

Custódio's role was to ascertain the date the pictures were taken, as well as their quality and if there were any signs of being doctored or manipulated.

There are 19 photographs of Leonor Cipriano, showing various bruises on different parts of her body and face.

According to the expert, the images were "passed through a software filter and were manipulated", though he said "it is not possible to determine to what extent they were manipulated without access to the original files".

He also said "it is not possible to know on what day they were taken as they were being stored on non-original equipment".

Pictures were saved on the CD being used in the trial in October 2008, the pictures themselves supposedly having been taken on May 9th, 2005.

Regarding quality of the files, the witness explained to the collective of judges and the jury that, as they were taken with a low resolution, they were not of good enough quality to be enlarged or

to define details of colour".

Another PJ inspector giving statements in court told how on the night of the alleged aggression, 14th October 2004, he was in the Faro PJ headquarters with Leonor Cipriano's brother, who is also accused of being involved in the child's disappearance, and was going through official procedures with the suspect.

According to his version of events, he had been "talking to João Cipriano and I heard a noise", which he said sounded like "something heavy falling against stone".

He said that, despite knowing something had happened, he was only informed 30 or 60 minutes later of what had happened by Inspector Leonel Marques.

"I was told that she, Leonor Cipriano, had gone to the bathroom and that on exiting ran towards the stairs".

Inspector Marques Bom claims he tried to stop her from falling down them.

He continued, "I have no reason not to believe my colleagues" and added Leonor Cipriano confessed her involvement in her daughter's death on October 13th.

Meanwhile, a psychologist has confirmed Leonor Cipriano has suicidal tendencies.

Psychologist Paulo Sargento told the court this week that Leonor Cipriano has "psychopathic characteristics" and "suicidal tendencies".

He described the suspect as being "cold", with "low social ties", a "tendency to lie and embellish stories", a state of mind that "does not respect the well-being of others".



Leonor Cipriano before her arrest and the photo which can be found on the Internet of the accused after her arrest.

Domestic violence on the up

By the end of October this year, PSP police received more complaints of domestic violence than during the whole of 2007, 13.6 per cent more, to be precise.

By the end of last year police had taken 13,050 reports of domestic violence, and assisted a total of 21,907 victims.

In the first 10 months of 2008 police have documented 14,823 reports of domestic violence, and already assisted 23,427 victims.

When compared to previous years all data points to a significant rise in domestic violence this year.

According to officials there has been a surge in the number of physical violence reports between couples who are only dating, but seem more tolerant of violence.

"A large number of Portuguese teenagers are victims of violence

within affectionate relationships, and many seem to accept certain types of physical and psychological aggression as demonstrations of love", said a source from the Commission for Citizenship and Equality.

This week a new campaign was launched to prevent 'violence during dating', which will run until October next year. Awareness-raising messages will be featured on TV, in newspapers, on public transport, ATM machines and university publicity boards.

The objective is that no one should accept domestic violence.

Within the same context two campaigns have been launched by the Women's Union for Alternative Answers, which has documented 43 fatal cases of domestic violence so far this year.

One of the campaigns is based

on a book by English feminist Erin Pizzey, who denounced cruelty in the 1970s and underlined how 'Women Cry Softly'.

The Portuguese Association for Victim Support (APAV) is also launching a campaign against domestic violence, called 'Some brands a woman should never wear'.

Throughout the first six months of 2008, APAV cared for 3,206 victims, who suffered a total of 7,780 injuries.

Women activists have commemorated 25th November as a day against violence since 1981, marking the brutal assassination in 1960 of Patria Mercedes, Maria Argentina Minerva and Antonia Maria Teresa Mirabal, political activists in the Dominican Republic, on the orders of then dictator Rafael Trujillo.

'New' poor using emails for help

A new social class of 'poor' has been identified within Portuguese society; they are individuals and families living in the suburbs of Lisbon and Oporto's large metropolises, and who are increasingly dependent on social services for welfare support and food aid.

Reflecting this, is the rise in the number of emails that charitable institutions are receiving, asking for help concerning how to sign up for food aid as they can no longer afford to buy food. The President of the Association for Charitable Institutions has described it as a "lowering of social situations".

There are also an increasing number of parents turning to charities with requests for exemption from paying for their children's crèches and kindergarten fees as they can not cope with mounting bills.

The common denominator is that most of these individuals are "young, married, and middle class, who as well as having bills to pay have a home, a car, and various re-payments" described the head of the Portuguese Charity Union, Manuel Lemos.

He said these situations "happen frequently".

"It is a phenomenon that has become more evident over the past few months", said Manuel Lemos.

"Since summer I have been receiving an increasing number of emails asking for help with food. And when people ask for help via email they are people of a different culture".

Another occurrence, albeit on a lesser scale, is the number of families removing elderly relatives from institutions to care for them at home, so the family can keep their pensions.

This new social class of 'poor' is being noted more in the two larger metropolises as this is where the consequences of unemployment are hitting first.

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Portugal's longest trial draws to a close



This week the longest trial in Portuguese history – the Casa Pia paedophilia trial, which gained notoriety for involving a number of high-profile dignitaries and celebrities – is to draw to an end after four years. Final allegations have been made by the Public Prosecutor, which will be followed by the council for Defence, on December 9th.

Only next year will a final ruling be made, bringing the case to a close after four long years of public trials and testimonials, documented on 12 video cassettes, 968 audio tapings, 1,052 CDs and 314 DVDs. The case was set over 254 chapters comprising around 60,360 pages.

Based on these elements, as well as opinions that were formulated throughout the procedure, magistrate João Aibéo was presented with the final allegations this week, in which seven suspects are accused of being involved in the case of the sexual abuse of 32 minors.

According to the prosecution, ex-Casa Pia driver Carlos Silvino (better known as Bibi), ex-television presenter Carlos Cruz, Dr. Ferreira Diniz, Ambassador Jorge Ritto, lawyer Hugo Marçal, ex-Casa Pia purveyor Pia Manuel Abrantes and an Elvas homeowner, Gertrudes Nunes, are suspected of sexual abuse against children and teenagers in the care of the Casa Pia home. Added to the accusations are acts of encouraging prostitution, which are believed to have taken place in Elvas, Cascais and Lisbon, between 1999 and 2000.

The highest number of abusive



Former television presenter Carlos Cruz arriving at the Monsanto court house on Monday for the final allegations in the Casa Pia case. (Photo: Lusa / Manuel de Almeida)

crimes is attributed to Carlos Silvino, who is also accused of transporting the minors to the other defendants, acting as a link between the two. He was the first to be arrested, following a complaint by the mother of one of the children in the institution's care.

Carlos Silvino is also the only suspect to be under police protection. Between 1981 and 1988 he was submitted to various disciplinary actions within the institution on suspicion of child abuse.

Ex-television presenter Carlos Cruz is connected to the case as

various Casa Pia employees claim to have seen photographs of the once treasured celebrity at Jorge Ritto's home in Cascais.

Elvas lawyer Hugo Marçal was detained in connection with the case by PJ police on February 1st 2003, though was released after

being interrogated, subject to weekly check-ins at police stations and €10,000 bail.

Ex-ambassador Jorge Ritto denies ever having met Carlos Silvino, as well as any involvement within the alleged Casa Pia 'paedophile network'.

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Unemployment to rise to 8.5 percent in 2009



JOVENS ENFERMEIROS NO DESEMPREGO

Nurses demonstrate against the threat of unemployment in front of S. João hospital last week in Oporto. (Photo: Lusa / Estela Silva)

The jobless rate in Portugal will drop by the end of the current year, but is set to reach historic new heights in the next two years, economic forecasts for Portugal by the Organisation of Economic Cooperation and Development has revealed.

The OECD said this week Portugal could reach an unemployment rate as high as 8.5 percent next year, almost one percent above latest and heavily criticised Government forecasts which have predicted a rate of 7.6 percent in 2009.

After reaching 8.0 percent last

year, the jobless rate this year will stabilise at 7.6 percent, before shooting up to 8.5 percent, the OECD said.

Without supplying a figure for 2010, the OECD said unemployment, "already at a high level", should continue to climb over the next 24 months.

Tourism professionals poorly qualified

Portuguese workers in the tourism sector are, according to the head of the National Tourism Board (Turismo de Portugal) under-qualified and "below what is desired", regarding formal training.

Nuno Santos, head of Turismo de Portugal said, "School qualifications of people working in this sector are still lower than what is desirable".

During the first convention for Portugal's Association of Tourism Professionals, Mr. Santos said that next year "professional training will take on a doubly-important role".

"Through professional tourism training both young and old will be able to achieve school qualifications and a professional degree", he said, adding "Tourism is presently experiencing a phase of strength and growth that needs to be

responded to with adequately skilled human resources".

According to statistics from 2005 there are more than half a million people working directly and indirectly in the tourism trade. By 2015 a further 100,000 individuals are expected to join that number.

Though Santos said, "the current schedule of training will not be enough to cater for these new 100,000 professionals who will be working in the sector".

More than 200 tourism professionals gathered at the convention, which for two days will debate problems relating to the sector.

New €150 million resort planned for the Algarve



A Portuguese group, owned by an Indian family, is going to invest €150 million in a luxury resort in the Algarve and hopes the development will be ready just when the financial crisis is over, in 2012.

The development, called 'Quinta da Praia', will be built on a 22.5 hectare area close to the beach in Alvor and will include a five star hotel with 175 bedrooms, a spa club and a residential area with 197 villas and townhouses.

Being the company's first tourist development, Rakesh Kanabar, President of Grupo HN, said the investment during this financial crisis was only possible because the project was already planned two years ago. He believes consumer trust will be restored in three to four years and that the group will have the development ready just when Europe is emerging from the recession.

The construction work should begin when WATG and Broadway Malyan architects finish their designs for the 'lifestyle resort', projected for the end of 2009. The businessman also said the five star hotel will be run by a North-American chain and the Spa club, equipped with a gym, a 'kids club' and private leisure areas, will also be managed by another international chain.

An apartment block, with T2 apartments, will be built within the development which is looking to turn the Algarve into Europe's Florida.

An abandoned area between the development and the beach is going to be completely renovated and walkways to the beach will be built.

Grupo HN is mainly a real estate company working in the Oporto area but now has over €100 million tied up in investments in Boavista, Oporto, Arrábida and Gaia. The 'Quinta da Praia' resort will be used as a platform to launch the group in international residential tourism in countries such as Angola, Cabo Verde and Brazil.



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Possible national banking mergers in the pipeline



The executive chairman of Portugal's largest bank, Caixa Geral de Depósitos (CGD), has this week admitted to possible mergers in the Portuguese banking sector. However, Faria de Oliveira, whose bank has in the past absorbed banks such as BNU, said CGD itself was not looking to merge with other national financial institutions.

Despite CGD's apparent readiness for mergers in the Portuguese market, the chairman of privately owned Banco Espírito Santo (BES), Ricardo Salgado, whose bank could be a potential target or one to target smaller rival banks, was of a different opinion.

According to the BES boss, the Portuguese banking sector is already considerably congested

and argued that any higher concentration of banks would pose a greater threat to the stability of the country's financial institutions.

On the other hand, both CGD and BES have admitted they would be seeking state assistance to bail them out of current financial trouble they are facing.

Millennium bcp, Portugal's largest private bank, and BPI

have also since confirmed they would be tapping into the state's 20 billion-euro lifeline agreed to earlier this month.

Millennium bcp has already admitted that it would be requesting at least one billion euros.

BPI meanwhile said it will be looking to receive state support in the region of 750 million euros, but would only be taking advantage of this guarantee in 2009.

Growing old on the job



Growing numbers of older Europeans are choosing to work longer, reversing the previous trend toward early retirement – a development that could ease Europe's aging population problem, the European Commission said in a statement posted on its website earlier this week.

A new report shows that employment rates for almost all ages have risen sharply since 2000. This is particularly true for the baby boomers – born during the post WWII-population explosion.

Helping older people stay in the workforce and otherwise remain active is one of the EU's key strategies to tackle the ageing population challenge. Older workers face numerous obstacles, including laws against taking a paid job while collecting a pension and restrictions on certain activities due to insurance concerns. These were

among issues discussed this week at the Second European Demography Forum.

With Europeans living longer and having fewer children, the average age is going up. The shift toward an older population has major implications for the economy and society in general. And with baby boomers now reaching retirement age, the issue is becoming much more urgent.

Born between 1946 and 1964, baby boomers have long been the bulk of the workforce. As they grow older, they will need

healthcare, pensions, housing, and community care – and on a greater scale than ever. But there will be fewer working-age people to support them.

The working-age population is still growing, but at a rapidly declining rate. In six years, growth is expected to cease, and the number of 20–59-year-olds will begin decreasing – by as much as 1.5 million per year.

Experts agree that keeping baby boomers active and employed is crucial, but how do older people feel about that? Surveys show that



Caixa Geral de Depósitos chairman, Fernando Faria de Oliveira (Photo: Lusa / Tiago Petinga)

one in two Europeans want to work beyond the legal retirement age.

This is quite a change from the 1990s, when early retirement was becoming more popular. In many EU countries, people can stop working when they are as young as 50 if they are willing to settle for a lower pension.

Today that trend has been reversed. The report shows that in 2007, 50 percent of men and 30 percent of women were still employed at the age of 60, a share that is 10 percent more than in 2000.

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Ex-bank chief named as suspect in fraud, money laundering case



José Oliveira e Costa in 2004. (Photo: Lusa / Inácio Rosa)



Former BPN bank chief José Oliveira e Costa has been formally named a suspect on fraud, money laundering and tax evasion charges that led to the nationalisation of his bank earlier this month, his lawyer said.

Attorney Leonel Gaspar told journalists late last week that Oliveira e Costa, a former state secretary in Social Democratic administrations, was questioned by investigating magistrates in Lisbon.

"He is collaborating with the

judiciary and will continue to collaborate with them", Gaspar said of his client, who headed the private *Banco Português de Negócios* (BPN) from 1998 until earlier this year when he resigned, alleging poor health.

Finance Minister Fernando

Teixeira dos Santos announced the nationalisation of BPN on November 2, after the central Bank of Portugal said the bank had lost hundreds of millions of euros in what now appears to have been illicit offshore operations. *TPN/Lusa*

Police use Taser gun for first time ever

A man who was threatening to kill a group of paramedics and then commit suicide was neutralised by a Taser gun last week, making it the first time such a device has been used in a real life situation by the PSP police.

The incident occurred in Lisbon, at around 6pm on 19th November, when emergency services were called after a fight broke out on a street in the Capital.

Arriving at the scene, medical staff heard two men fighting inside a building.

One of the men, armed with a kitchen knife, threatened to commit suicide and kill the INEM Emergency Medical team that had been called to the scene.

A police officer from the Lisbon Metropolitan PSP force was able to arrest the man after neutralising him with a Taser gun, which uses an electrical current to immobilise suspects.

Children learning foreign languages at an earlier age

The European Commission has presented a new study on the teaching of languages at schools in Europe by the Eurydice Network. It gives a comprehensive picture of language teaching, from primary to secondary general education, in the 31 countries involved in the EU's Lifelong Learning programme.

Containing around 40 indicators, it shows growing support for language learning in general education, with more learning of a foreign language at an early age. These findings suggest that the participating countries are in tune with today's Council Resolution on a European strategy for multilingualism.

The European Commissioner for Education, Training, Culture and Youth, Ján Figel', said: "Although we register progress, there is still some way to go to give all students the possibility to learn two foreign languages at school: this is the objective that the Member States fixed for themselves in Barcelona in 2002. Nevertheless, it is now considered one of the eight Key Competences for Lifelong Learning that were recommended by the Council and European Parliament in Decem-

ber 2006."

The European Commissioner for Multilingualism, Leonard Orban added: "Multilingualism is an issue for all of European society. It starts in school and goes much further, as we need to master an increasing number of languages to foster social cohesion and prosperity. This is the subject of the recent Commission Communication, Multilingualism: An Asset for Europe, and a shared commitment, and I welcome the fact that it is endorsed by today's Council Resolution on Multilingualism."

The data relates to the school year 2006-2007 and covers public sector as well as grant-aided private schools.

In 13 European countries, English is the mandatory first foreign language. Even when a choice is provided, pupils and their parents tend to favour English, which is now the most widely taught language in primary education. English is learnt by 90 percent of all European pupils at some stage of their compulsory education. When a second foreign language is taught, French and German are favoured.

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EU looks to combat invasive species



The European Commission this week presented a series of policy options for developing a strategy to deal with species from abroad which are threatening European biodiversity.

Invasive species are a major threat to native plants and animals in Europe. One such example is the Harlequin ladybird, originally from Asia, which poses a deadly threat to native ladybirds in the UK, as well as to butterflies and other insects.

Invasive species can disrupt local flora and fauna and cause considerable damage to nature and human health. They can also have significant economic impacts: controlling invasive species and repairing the damage they do is estimated to cost Eu-

ropean economies at least €12 billion each year.

Although some EU countries have legislation to protect their national biodiversity, there is no harmonised approach across the EU. This week's Communication puts forward a number of policy options for a coordinated approach and measures that can be put in place immediately, including a Europe-wide early warning system to report new and emerging species.

European Environment Commissioner Stavros Dimas said:

"Invasive species are a major threat to biodiversity. Halting the loss of biodiversity in the EU will not be possible without tackling the problem of these unwelcome visitors. Given the way that these become quickly established and spread, measures taken by one Member State can have no effect if neighbouring countries fail to take action or respond in an uncoordinated manner. The ecological, economic and social consequences of the spread of invasive species for EU countries are serious and need a harmonised response."

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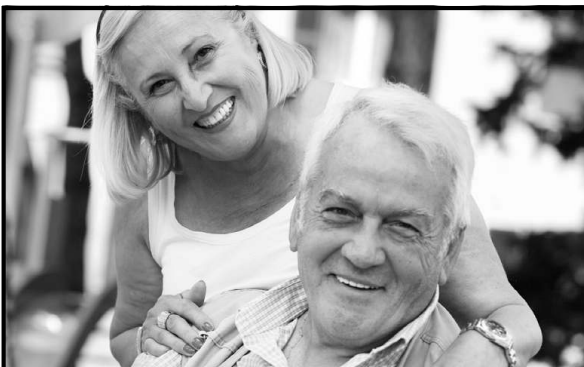
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Lisbon earthquake simulation shows up flaws



The earthquake simulation in Greater Lisbon this weekend generated criticisms of the Civil Protection Authority's ability to manage a major catastrophe. Lack of communication and management of information were the biggest faults noted.

Gil Martins, Operational Commander of the Civil Protection National Authority (ANPC), said the simulation threw up some flaws within the ANPC: "In the past three days we learnt a lot and some flaws were detected" he stated during a press conference after the three day simulation in Santarém, Lisbon and Setúbal.

Besides lack of communication and management of information, Gil Martins also said that some entities did not perform properly in their specific areas. He was happy with the results though, because the exercise was carried out with the intention of detecting where the ANPC was failing: "if there was an earthquake tomorrow we would be better prepared than yesterday" he said positively.

The simulation's objectives were to test and introduce alterations in the Special Emergency Plan for Seismic Risks in Lisbon's Metropolitan Area, which should be approved by the Government by the end of March.

At the end of the simulation, 281 deaths, 895 injured and 808 missing were 'reported' in sixteen different scenarios, which mobilized 2,835 workers and 854 vehicles, as well as 1,798 extras.

During the simulation 68 entities were involved, such as Firefighters, PSP, GNR, Armed Forces, Civil Aviation, Emergency Medical teams, Portuguese Red Cross, Immigration Services, Judiciary Police, local councils and the Public Prosecution Office.



Firefighters 'rescue' a little girl during the earthquake simulation.

Shootout at taxi rank



A policeman was injured earlier this week in a shootout with a man who attempted to rob a taxi driver in Amadora north of Lisbon.

The assailant approached the taxi driver, who was waiting for customers at the taxi rank, at around 1h20 on Monday morning in Amadora.

One of his colleagues saw what was happening and immediately called the PSP police.

The PSP's quick response allowed them to arrive while the crime was still taking place.

Seeing the officer, the suspect fired shots at him, and the

officer returned fire. The officer was shot in the hip, but also managed to shoot the assailant in the foot.

After injuring the PSP officer, the man tried to run away, but went up a dead-end street where he was finally detained. Both men, the officer and the suspect, were admitted to the Amadora-Sintra Hospital for further treatment.

Fireworks show ends in tears

Several people have been injured during a pyrotechnic exhibition in Lisbon to inaugurate the biggest Christmas tree in Europe, on Saturday 22nd November.

Thousands of people went to Eduardo VII Park in central Lisbon to see the 1,625,000 light bulbs light up the biggest Christmas tree in Europe. To celebrate, a fireworks display started at 21h00; but they were far from beautiful as flaming debris came down onto the crowd and burnt several people. Not many required assistance, although one man was burnt in the eye and a girl was burnt on her chest.

The flaming debris of the rockets came down on the crowd

due to strong winds on the day. Although pyrotechnic operators had increased the safety perimeter, it was obviously not enough as hundreds of people had no way of escaping from the flaming debris.

It is not the first time an incident has occurred because of the Zon Christmas tree. On October 30th two high tension wires connecting to the tree were cut and caused a blackout in nearby neighbourhoods for over two hours.

Lisbon tourists love its food

Tourists who visit Lisbon say its gastronomic side is one of the city's main attractions, according to data from the Tourism Association.

Lisbon's Tourism Observatory reviewed thousands of enquiries made by tourists in April, June and August this year and discovered that 'eating out' is among the five main activities, with an average of 62%, while 'gastronomy and wines' also came in the first seven

choices of preference.

Duarte Calvão, from Lisbon Tourism Association (ATL), told Lusa newsagency: "Lisbon Tourism's objective is to create, within the gastronomy, a product that will be an attraction of the region", taking advantage of good culinary characteristics of the region, whether they be traditional or modern. He made these statements during 'The Best of Gastronomy' congress in San Sebas-

tian, Spain, where the world's best chefs show their local delicacies.

Accompanied by six Portuguese and one Yugoslavian chef, invited by the organisation of the congress, Duarte Calvão said it shows "that Portugal, besides having rich regional cooking, is also adapting cooking to modern times, exhibiting the quality of our national products."

The seven chefs cooked up a

free dinner on Wednesday night, themed 'Lisbon, Atlantic Capital', where fish and seafood were their main ingredients.

These dishes will also be part of the menus for the 'Fish in Lisbon' event that will take place in April next year. Having attracted 15,000 visitors in this, its debut year, the 'Fish in Lisbon' event will broaden its horizons next year by inviting foreign chefs as well as others from different regions of Portugal.

Teaching and coaching at Saint Dominic's International School



As from this year, Saint Dominic's International School, Lisbon (SDIS) is counting on a top class team for its Sports teaching/coaching.

For football, the students count on instruction from the football school 'Football by Carlos Queirós and Manchester United Soccer Schools'.

SDIS has invited Nuno Delgado, the only Portuguese Judo athlete to win an olympic medal, to teach Judo.

Rugby is led by the new

Rugby National Team Coach, Murray Henderson.

João Cunha e Silva, considered by many, the best Portuguese tennis player ever and presently coaching the best Portuguese tennis players, will be responsible for teaching and coaching tennis at SDIS.

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7			2			1	6
2	3			8		5	
			1	9			
	9				4		1
		6			2		
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	2		4			7	9
1	6			2			5

Last weeks solution:

9	2	6	7	5	3	4	1	8
4	8	1	9	2	6	3	7	5
5	7	3	4	1	8	9	6	2
2	5	4	8	7	9	6	3	1
7	6	8	5	3	1	2	4	9
3	1	9	2	6	4	5	8	7
8	4	7	6	9	2	1	5	3
6	3	2	1	8	5	7	9	4
1	9	5	3	4	7	8	2	6

For tips on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

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Alvor blast rattles quiet neighbourhood



A huge explosion woke up the Má Partilha neighbourhood, located between Alvor and Portimão, in the early hours of Tuesday morning. A bike mechanic shop, MotoNews, was completely burnt down and eleven emergency service employees were left injured as further explosions took place while they were salvaging the property.

Fire fighters were called to the Má Partilha neighbourhood at around 6h20 on Tuesday morning after smoke was reported at the 'MotoNews' workshop.

The owner of the workshop lived upstairs with his wife, chil-

dren and two parents, but they were able to get outside unscathed, before the fire reached full strength. Whilst fire fighters were attempting to control the fire, an explosion occurred and injured several people in the vicinity. One

eye-witness suggested the blast occurred when a fireman opened the door of the workshop, inadvertently feeding oxygen into its smoke-filled interior.

Another visibly shaken eye-witness told *The Portugal*

Angered residents threaten action against Silves commerce

Following an increasing number of burglaries and growing sense of instability throughout the Silves area of Vila Fria, for which locals claim police are doing "very little", a group of residents are threatening to take matters into their own hands by boycotting local commerce until some form of action is offered.

Numerous burglaries have been carried out in the area over the past year, on properties belonging to both foreign ex-pats and Portuguese.

The home of British residents William and Debbie Bodkin, who have lived in Portugal for nearly a decade, has been targeted several times over the past 12 months, the latest of which took place on November 17th.

Debbie Bodkin told *The Portugal News*, "The break-ins are getting progressively worse. The first one on our home was pretty gentle, but now the burglars are using crow-bars and getting cheekier. It won't be long before someone is at home when it happens and ends up in hospital".

According to a number of reports these robberies are now taking place in broad daylight and on an almost daily basis.

"If the financial situation was better I would sell up and move to another region", said Debbie.

Her husband William recounted, "The latest attack on

our home took place when we had gone out shopping. We returned home to find items like our flat-screen TV and digital camera gone. We phoned the police but they never came.

"Eventually I went down to the station, which is about three kilometres away and made a 'little fuss'. Afterwards they sent around nine policemen to our house, a few took fingerprints and others stood around doing nothing".

Mr. Bodkin reportedly told the police he was confident he knew who was carrying out the robberies and even escorted them to the alleged suspect's home, only to be told "the police knew who lived there and had already arrested the person, who was in jail".

"They told me to come to the station a few days later to make a formal complaint. When I went there was no one expecting me and no one seemed to know what I was talking about".

Other robberies were reported to police, though on one

occasion the police claimed not to be able to find the property in question, despite having visited a nearby house not long before.

Now, should no further action be taken by police or the local Council, the targeted residents are looking to form a group to boycott local commerce. There are, according to Mr. Bodkin, already "at least 10 names" willing to participate.

"We shop in Silves every week", said Mrs. Bodkin, "Every week we spend around €250, and so if we all pull out it will hurt. It might affect people that don't deserve to be hurt, but we need to do something".

Her husband added "The police say they don't have enough men, but after I made a fuss at the station they sent around nine at once.

"It has got to a point where we go out and now expect to come home and find our house has been broken into again".



The apartment was still smoking several hours after the fire had been extinguished.

News: "I live just around the corner and I heard an explosion early in the morning. When I came out, two police officers were bleeding a lot and I went to get them towels. Moisés' (owner of the workshop) brother is also a fireman and he was thrown back several metres by the explosion."

A total of eight firemen, two police officers and one civilian were injured, either by smoke inhalation, or by first or second de-

gree burns. Two of the firemen, one being Moisés' brother, are still in a serious condition having suffered concussion, resulting from the blasts.

By 09h00 there were 70 men from five different fire fighting stations (Portimão, Lagoa, Lagos, Albufeira and Silves), one Emergency Medical Team and PSP, GNR and Judiciary Police officers on the scene.

Portimão Mayor Manuel da

Luz was also at the site to survey the extent of the damage. The Council will now provide temporary housing for the family of six left homeless until a final solution is found for them.

The owner of the workshop says damages will be around €350,000. At the time of going to press, investigations to find the cause of the fire were still ongoing, though it appears no foul play is suspected.

Quercus lose court case against Tavira



Quercus, an environmental association, lost a court case against Tavira Council last week, which opposed the construction of an allegedly illegal development in a classified area. Quercus' campaign halted construction for six months on the site.

The environmental association lodged a complaint against Tavira in 2007 as they believed the Council had permitted the construction of a tourist development, Palmeiras Resort, in a

National Agricultural Reserve. Tavira Mayor, Macário Correia, accused Quercus of pursuing an unfounded case which was based on untrue information, and even demanded an apology from the Association, which he did not get as the Association considered it to be an unacceptable form of pressure and that they were only trying to protect the land.

When the complaint was first lodged, Macário Correia was adamant that all the licenses were passed because everything was legal, adding that the whole case could have been easily avoided if

the mapping of the territory had been checked.

Construction of the 800 villa resort, planned for a 70,000 sq metre area, restarted in March 2008 as Loulé's TAF (Fiscal and Administrative Court) considered the construction was taking place in an urban area and Quercus' appeal was denied last April.

Tavira Council received a notification from TAF on Thursday, 20th November, informing them the court case has been closed, with Quercus losing the battle.



St. Andrew's Ball

St. Andrew's Society Algarve are holding a St. Andrew's Ball Hotel Tivoli Almoncor, Praia do Carvoeiro Saturday 29th November at 7 p.m.
Dance to Music by Sounds of Islay Ceilidh Band
Please contact Kathy for tickets
Tel. 919635246

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From left to right: Rob Darbyshire, Lucinda Worthington, Phoebe Smyth, Alice Dunn Ribeiro, Lydia Dunn Ribeiro, Carmen McCluskey.

The dream team moves on



After three hugely successful evenings at the Teatro Lethes in Faro, playing to almost full house every night, the set of the A Portada Theatre Group's latest production 'A Midsummer Night's Dream' by William Shakespeare was taken down on Sunday evening.

Together with all the costumes and props, it has now been moved to the Municipal Auditorium in Lagoa where the group is getting ready for three more performances, on Friday 5th, Saturday 6th and Sunday 7th December.

The spectacular Christmas lights in the surrounding streets of the historic and romantic Teatro Lethes in down town Faro, much added to the excitement and anticipation of the audience for a great evening of traditional Shakespeare, they all proved to be the right ingredients for a lovely precursor to the Festive Season.

Once the curtains were up, the strikingly colourful set, designed by Lesley Sweeney, who has worked for more than ten years with the A Portada Theatre Group as their set and costume designer, received an audible sigh of approval. The audience was already mesmerised.

During the preparations for their nuptials, the regally dressed Duke of Athens (David J Newson) and his Queen of Amazons (Nicky Moran) were surprised by a group of local artisans who, under the direction of their prologue (Rob Darbyshire), performed an amateur performance. This little play within a play, received a rapturous applause from the audience as Thisbe (Mathieu Barber) said "Adieu, Adieu, Adieu!". Four young, sweet, giggly fairies, closely protected by the King and the Queen of Fairies, Oberon (Simon Tubb) and Titania (Lucinda Worthington), danced softly through the forest, whilst Puck (Simon Tancott) played tricks with magic herbs on the four young Athenian lovers Hermia (Adela Zander-Clark), Lysander (Filippos Valtinos), Helena (Marcia Meeuwissen) and Demetrius (Nigel Barber) who all fall in and out of love with each other throughout the performance.

With the help of an array of stunning light-effects, the forest changed from colourful spring days into glowing moonlight and even into a regal Athenian palace.

The A Portada Theatre group's production team, all the cast and back-stage crew were delighted with the Faro performances and three more, highly cultural and educational evenings now await theatre-goers living in the central Algarve.

For the group's production assistant (Jeannette Kempson), the initial concern of having to market six performances of a Shakespeare play (in Shakespeare's English!) in the Algarve, quickly proved unfounded. As always, the group's loyal theatre-goers have demonstrated their support but, for this production, they were also able to welcome many new foreign residents in the Algarve – some even coming from across the Spanish border! Also a younger audience, amongst whom were a substantial number of Portuguese students, showed genuine delight after having seen this production. They had no problems following the storyline in Shakespearean English. Together with some drama students from the International School in Porches, they have mentioned their interest in joining the Group.

The A Portada Theatre Group is most thankful for the kind and very pro-active cooperation that was received from the President, Paulo Jorge dos Santos Neves, and Vice-President, Osvaldo Alves Carvalho Ferreira, of the Municipal Theatre in Faro and their marketing team. Exceptionally, the box office at the Lethes Theatre was opened for the A Portada's Midsummer Night's Dream performances and their Theatre Manager, Ana Maria Costa, personally assisted with the ticket sales for all three performances. The technical staff also showed endless patience in helping the cast and crew to refine and adjust all the details to create the perfect Athenian forest.

The Group has gratefully received similar kindness and co-operation from the authorities of the Municipal Camara in Lagoa, their cultural team working in the Convento São José, as well as the staff working in the Municipal Auditorium.

For the group's director, Priscilla Morgan, an ex-royal Shakespearean actress herself, a longstanding dream seems to have been fulfilled. Part of her ambition, this time, was to introduce her two grand-daughters to the stage. The magic trick has worked and the enthusiastic fairies must already have secured their place in the next generation of actors in this very talented thespian family.

For tickets: Call 911 058 191 or email: aportadatheatregroup@yahoo.com

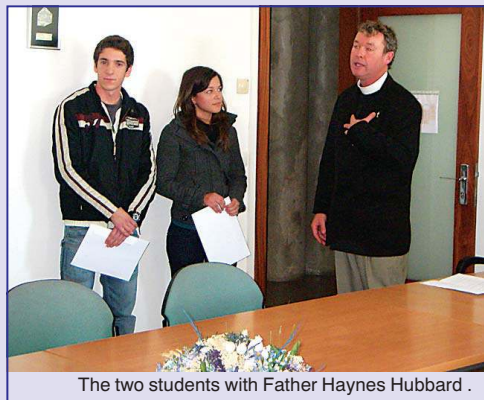
Tickets can also be obtained from the Auditorium's Box Office one hour before each show. Adults: €12 – Children and Students under 25 years: €7.

Performances: Friday 5th and Saturday 6th December at 8.30pm. Sunday 7th December at 5pm

Charitable giving from St. Vincent's Church of England



A Presentation took place last week at the Nursing Faculty of Faro University.



The two students with Father Haynes Hubbard.

Gathered together for the Presentation were the Dean of the University, Dr. João Guerreiro, the Presidente Conselho Directivo, Professor Dr. Nidia Braz. Also present were the Senior Chaplain of the Church of England, Father Haynes Hubbard and members of the Council and congregation of St. Vincent's.

Father Haynes presented the cheques to two student nurses to pay for their fees throughout the coming year and a certificate to state that the Council of St. Vincent's would honour their fees until their graduation in four years time. One of the students was a young man from the Alentejo and the other student was a young lady from Almancil.

Nurses from Portugal, under the terms of the new Nursing agreement for the EEC, will be able

to work anywhere within the EEC countries. The library at the Nursing Faculty is equipped with tuition books written in English.

Following on from the Presentation, the members of the Faculty and the two students were guests of honour at a luncheon held at Gambelas University restaurant. Sharing thoughts, hopes and dreams across a lunch was a good way to get to know the students and members of the University.

Throughout each year, St. Vincent's hold many fund raising events, Fairs, Gala Jazz events, concerts, luncheons Grand Draws and others.

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Dr. Popken has the pleasure to announce that Prof. Dr. Jorge Draper Mineiro, MD, PhD, Orthopedic Surgeon, will start on a monthly basis a clinic in the office in Carvoeiro.

Professor Mineiro is clinical director of the CUF Descobertas Hospital and head of the department of Orthopedics and Trauma. He is particularly interested in Paediatric and adult spinal problems and hip conditions.

For appointments please phone 282 356 034 / 282 356 995

Calling all chocolate lovers

How would you like to spend a delicious, melt in your mouth, unforgettable weekend in Sagres from 6th to 7th December? Well your dream can come true. Book your stay now at the charming Hotel Memmo Baleeira in Sagres overlooking the ocean. Your stay will begin with such pleasures as fruit and chocolate, you can relax and enjoy a 'Chocolate Blanket' treatment at Memmo's Spa, and later further indulge your sensations with chocolate desserts in the restaurant especially made for this occasion. The highlight of your stay is the Chocolate Workshop, where you will

learn the art of making pralines from a Belgian Chocolatier using the purest Belgian chocolate, filled with genuine Algarvian ingredients. And then, at the end close your eyes and feel the intense flavour of the chocolates you have lovingly made.

The Chocolate Workshop is on Saturday 6th Dec. from 4pm to 7pm and can be booked separately, the price is €40 per person. For more details and reservations call: 00 351 282 695 313 351 / 00351 933 551 930, e-mail: geral@cenario.pt or visit: www.cenario.pt

The Amigos' annual general meeting



Associação de Amigos de Música de São Lourenço, held their Annual General Meeting at the Centro Cultural São Lourenço on Friday November 21, 2008. The attendance was good and the meeting passed off smoothly.



Standing from the left: Larry Hampton (Secretary General Assembly), John Levitt (President General Assembly), John Perera (President Fiscal Committee), Edwin Bisset (Treasurer - retiring) Sitting from the left: Erika Steinacker (Vice President Fiscal Committee), Barry Shaw (President The Amigos), Margaret Jackson (Secretary The Amigos), Jeffrey Jackson (Member Fiscal Committee)

The retiring Treasurer, Edwin Bisset, was able to assure the membership that in spite of ever increasing costs, the 2007/8 reserves would stand the Association in good stead for the years ahead.

Being an election year, all the officers of the Association were up for election, the only retiree being the Treasurer who after ten years of excellent and devoted service considered that it was an appropriate time to hand over to someone new. Ted Maitland, although unfortunately unable to attend the meeting, had agreed to accept the position. Barry Shaw remains the President and Margaret Jackson the Secretary.

The Statutes of the Amigos states that it should try to sup-

port the teaching of a young Portuguese music student. During the long existence of the Association many an aspiring young person has been given a helping hand. One of the conditions is that their protégé should perform a concert in front of the members and this traditionally takes place immediately after the AGM.

Last Friday, now entering the second year of her well deserved support from the Amigos, the members were treated to a recital by Joana Ballmann from Lisbon. Joana is studying piano in Cologne and the Amigos were enraptured as she calmly ran through her programme of Brahms, Ravel and Beethoven. Joana once studied ballet and also the cello and flute.



Joana Ballmann from Lisbon entertains with a piano recital.

The night of the Annual General Meeting of the Amigos has always been a bit special. After the serious business of the evening is over this is usually followed by the concert when there is the opportunity to hear the progress of the Amigos' protégé. This is then followed by a sim-

ple but sumptuous supper when the Amigos are the guests of Marie Huber and the team of the Cultural Centre as a way of thanking the Association for underwriting the majority of the musical activities which take place there. A more ideal partnership would be beyond belief.

Murder Mystery at Hotel Garbe



Frivolous fun - It's not often that a successful social evening commences with a Police Report!

However at a Murder Mystery dinner party held at Hotel Garbe last week, there was a crime scene investigation and vigorous cross-questioning of the suspects!

The people in the frame - a group of 48 expatriate guests - were dressed for the occasion. Participants required a sense of humour taking on roles such as Christopher Bossy-le-Boots, Nikki Melons, Renee Scrubber and Terry

Plant, a gardener who likes digging the dirt!

This was the first time the hotel has hosted a Murder Mystery evening which included an Indian meal at the Raj at the Garbe restaurant.

Organised by Jenny Tucker, 350 euros were raised to support the charity, APAA (Association for the Protection of Animals Algarve). Raffle prizes and bottles of wine - presented to the winning participants - were gen-



Participants at Hotel Garbe's Murder Mystery party.

erously donated by Wine Mine, Let the Magic In and Pat and Alan Camplin-Smith.

By popular demand the hotel

intends to run another Murder Mystery evening on January 23rd. Contact / Hotel Garbe / 282 320 260

Sagres Fort revamped

Sagres Fort is currently undergoing several renovations, budgeted at €250,000, which will give it a pristine new look. The first phase of the renovations will be finished by January 2009 and the second stage should end later in the year, during autumn, according to Turismo de Portugal.

Renovations to Sagres Fort, mainly at the entrance, started in October and the first stage, which is currently taking place, includes the renovation of the turret and the access tunnel to the Arms Square, where the ticket desk is.

Work carried out is the responsibility of the Algarve Regional Cultural Board and aided by the Tourism Intervention

Programme (PIT). PIT is an incentive programme to improve tourist attractions and support promotion at events in the country; it received a €100 million budget which must be used by 2009.

Sagres Fort was chosen for renovation as it was the fifth most sought after monument in the country in 2007, receiving around 277,000 visitors.



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Please help me to help the children

SIR, Since the year 2001 I have organized a Christmas shoe box collection for the 36 children who live in the Born Samaritano Alvor Children's Home. This has become harder as many of my friends who helped have moved abroad. However, those of us that are left find it such a fun and rewarding gesture, getting tremendous pleasure from buying the little treats and making up the boxes knowing the joy that it will give the children (our own children love to help too!).

I am now left with 12 boys aged 8 to 16 still without a box. Here I am again struggling to get enough donations. If I get more boxes than necessary I will give them to Castelo dos Sonhos who have hundreds of needy children who would love to get a box of presents.

Could anyone provide a shoebox full of treats for one of the children at the home? Basically each box should contain new items such as:

A toothbrush and paste, stationery for school (colouring pens/pencils, rubbers, sharpeners etc.) - these are essential.

Toys / Games, Hair accessories, Hats/gloves, Jewellery, Sweets/chocolates, Perfume/deodorant or 'cool stuff' for the older children! And anything else you think a child would love.

Many of us wrap each item up individually as this makes opening the box so much more exciting, but it is not necessary. But, please wrap the whole box up and label it for 'your' child. As each child goes to a surrogate family for Christmas I need the boxes by the

12th December. Please telephone me on 965339577 or in the evenings on 282343347 and I can allocate you a specific child.

Thank you.

ISOBEL COSTA, Alvor

Keeping dogs in Portugal

SIR, In answer to the letter asking if there is a law about the number of dogs you can keep, as far as I am aware, it was 2 in an urban area and 5 in a rural area. All this could have changed by now but I would assume you could get more details from the Câmara or the G.N.R.

Complaining to the police does raise the question of what will happen to the dogs. Will they be taken away and found a nice home, or will they be shot? Do you really want to be responsible for the dogs possible destruction?

Before I'm taken to task for suggesting the police may shoot a dog, at a check point an officer leaned into my car. My dog was in the back and growled to show he was protecting me. I apologised to the officer who said it was no problem because he had his gun and if the dog went for him he would shoot it. When I protested that the dog was only doing his job, he replied that he would not allow himself to be injured and had the right to shoot.

Chained up dogs are a problem but no one likes to be told by a foreigner what to do in their own country. A softly, softly approach may work, as used by an acquaintance with his neighbour. He asked if he could take her dog for a walk as he liked company.

She was only too happy to oblige this crazy foreigner, which resulted in the three of them being satisfied and no feathers ruffled.

I think there is already an official organisation in existence for the protection of animals, a call to a vet may supply the name and number.

KAY COX (MRS.) S.B. de Messines

Parcels by post

SIR, Further to John Webster's letter, published in The Portugal News dated 8 November, I have recently experienced the same problems with packages mailed from the UK.

The ones destined for me contained video cassettes. The packages never reached my apartamento in Portimão, but were eventually returned to the sender. Similar to Mr. Webster's experience, the sender was informed that they were incorrectly addressed. Apart from my knowing that this was not the case, it is virtually impossible to get wrong. After all, the address contains simply the recipient's name, apartamento number and post code and location.

Like Mr. Webster, I am also keen to learn if this is a recurring problem. In this instance my packages were returned to sender, but how many are not. During the course of business transactions, I receive many small packages from potential new suppliers. My concern is, how many do I not receive?

MIKE PAICE, Alvor

Contributing to Charity Shops

SIR, Most people are more than happy to bring items to the ABA (Ajuda aos Bichinhos Associação) Charity Shop, in the Av. do Tennis, Albufeira, and in fact, often mention they have seen the advertisement that The Portugal News kindly sponsors.

The income from this shop goes

towards the neutering of dogs and cats in our area.

Should we have to collect stock from all over the Algarve, which may or may not be suitable for sale, the result would be, like Mr. Micawber, our expenditure would exceed income, and the 'misery' would be more puppies and kittens on the street, from un-neutered animals.

Had the 'Tavira Residents' contacted me, I would have explained this to them.

SANDRA SCOTT, Albufeira

Golf for all? Not likely!

SIR, With the greatest respect for the existing 'facilities' on offer to the people of Portugal/Algarve, may I ask, yet again, why in a country boasting a number of superb golf courses, there is still no pricing structure (for green fees) that would encourage anyone on the average Portuguese income, to consider playing golf! Forty to one hundred euros per round of golf is obscene and also restrictive practice at its worst.

There is not one public golf course in Portugal, (or Spain for that matter, despite its history of producing wonderful players). Is it felt that the majority of 'the public', men, women, children, of Portugal, should be prevented from becoming aware of the enjoyment golf can give, so that it remains an 'elitist' sport and pastime? Only available to those willing to pay the excessive charges - compared to the UK, because that is the reality!

In the UK a private golf course subscription of £300 per year is still not unusual, (often without a joining fee!) in Wales and Scotland, despite the 'daft' charges in the south of England, paid by people with more money than sense!

Despite all the advertising on UK T.V., golf is 'out of bounds'

for the vast majority. That reflects very poorly on all concerned, who contrive to ignore the real opportunity barely exploited for Portuguese people and all but the stupidly 'well-off' to enjoy the game of golf.

On another topic reflecting an avoidable, malaise (reflecting ignorance in 'education' perhaps?) that is the practice of simply throwing empty wine and beer bottles anywhere but in a refuse/litter container. Why not a refundable deposit on all bottles, say of 20cents? This would reduce litter and avoid potential fire hazards, due to the 'prism' effect.

JOHN TURNER, Algoz and Powys, Wales

James Ross

SIR, In Letters, 15 November I challenged this man to retract his personal insults in the knowledge that his arrogance would not allow him to do so.

Instead, and because he knows that my points are all valid, he has chosen to respond (in part) to my letter from 1 November, making a slanderous remark about me dismissing the right to life. I have never made any such dismissal and suggest that if he is to make such comments, he should embrace the concept of accuracy.

I have proved my point and have nothing further to say to, or about, this despicable person.

LESLEY FRASER, By e-mail

James Ross - A covert atheist?

SIR, James Ross continues to provide a perfect example of ignorance elenchí, a condition which describes a person whose contribution to a discussion fails to meet what his opponents actually say. He offers no challenge to my reasoning (Letters, 15th November) which showed that his church condoned the activities of Mengele et alii concerning the "useless eaters" in Nazi Germany who, due to circumstances of birth, were considered unfit to live. How dare Ross accuse me of feigning outrage? My anger at the activities of Hitler's Pope and the Vatican Hill mob is real!

Rather than "a twisted anthropology", it is Ross' twisted pseudo-theology which leads him to assert that we are made in God's image. In his mental turmoil he forgets that we are unhampered in our reasoning by such a notion; let him believe it if it gives him comfort! Such an assertion that we are so made does his case no good, because if it is true (and there is no evidence to support his claim) it is not unreasonable to suppose that his God must be misshapen, mentally retarded and suffering a multitude of horrific chronic diseases, as are tragically large numbers of his creation. This is why I refuse to acknowledge the incoherent absurdities with which J.R.'s letters are littered.

Ross continually shows that he is totally at odds with the orthodox Christian concept of a loving, forgiving and forbearing God, serving instead a tyrannical, unforgiving and vindictive monster who is rejected by your more charitably-minded contributors representing the vast majority of thinking Christians. The logical conclusion is that this makes him an atheist, because he clearly does not believe in the God of mainstream Christianity! Welcome aboard, James!!

MICHAEL BAUGH, By e-mail

Ref. letter from J.R.

SIR, In an earlier letter James Ross stated that "...the guy aspiring to the most powerful job on earth can't answer the simple question that any kid who has bought a condom can answer namely, when does life begin?" As no one has given a universally accepted answer to this riddle I was rather hoping to be enlightened after all this time.

As usual, J.R. dodges the issue and instead chooses to point out that other species share human bodily functions, conveniently ignoring my suggestion that because life ends when breathing ceases permanently, it might follow that life only begins when a newborn child takes its first breath.

J.R. may well be right when he claims believers in his god are made in his image, but at what point in our evolutionary development it took place is never made clear and nothing he has written would persuade me to accept that view. All living things serve two main purposes: as carriers of their particular genes and as food for some bigger predator. The largest killers eventually die, only to be eaten in turn by their smaller prey. Even man, who has learned to bury or burn corpses, will be eaten too, if he dies 'in the wild.' And let's not forget well-documented instances of pets surviving on the flesh of their dead owners!

During all the years he has been exasperating so many readers with his fundamentalist nonsense, I can only recall one coming to his aid with a few words of support. Are there no men of the cloth who share J.R.'s beliefs? Strange, I wonder what his compatriots make of him?

John Clare suggests that the best response to J.R.'s manic rants is to ignore them but I doubt that he would even notice.

RONLAVERY, By e-mail

Re. last week's TPN

SIR, The article and photo on page eleven about the inevitability of gay-marriage in Portugal conjured up for me images of blushing mustachioed couples exchanging vows in the cathedral on St. Anthony's Day. Since the Câmara sponsors the event, it is only a matter of time. Western civilization is crumbling and I just have to accept it.

More proof that we are going to hell in a hand-cart is found in Pat W.'s reluctance to say anything negative about Mao other than he may not have been such a great guy and fellow liberal Gwynne Dyer's suggestion that we smother Castro with love.

The only bright spot in last weeks The Portugal News was John Clare's letter. Years ago he took a solemn vow to never respond to me and has since regretted being side-lined from the spirited repartee enjoyed by my other avid readers. Welcome back John! I knew you couldn't resist forever.

JAMES ROSS, Estoril

See what you're missing at:
www.the-news.net

Portuguese for Beginners

Emília Rosendo

Read the paragraph below and the translation which follows.

Quem não faz o quê?

A vida de algumas pessoas é bastante ocupada e, infelizmente, elas não têm tempo suficiente para fazer tudo o que querem.

Who doesn't do what?

Some people's life is rather busy and, unfortunately, they don't have enough time to do everything they want.

① Look at the table where (X) means 'doesn't do' and (✓) means 'does'.

Make sentences with 'nem...nem' (neither...nor) as in the example.

Example: Nem o Paulo nem a Ana escreve cartas aos amigos ou à família, mas a Sónia, o Pedro e o Rui escrevem.

Neither Paulo nor Ana writes letters to (his/her) friends or family but Sónia, Pedro and Rui do.

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THIS LESSON:
nem...nem
(neither...nor)

Actividade	Paulo	Sónia	Pedro	Ana	Rui
escrever cartas aos amigos ou à família	X	✓	✓	X	✓
ler bons livros	✓	X	X	✓	✓
ouvir música	✓	X	✓	✓	X
fazer piqueniques	X	✓	✓	X	✓
inventar receitas novas	✓	✓	X	✓	X
tratar do jardim	X	✓	X	✓	✓
organizar uma festa	✓	X	✓	X	✓
ir ao cinema ou ao teatro	X	✓	✓	✓	X
praticar desporto	✓	X	✓	✓	X
dar curtas ou longas caminhadas	✓	✓	X	X	✓

Muddy Cogs Bike Ride

Every Saturday at 12.45pm at Bikeland on the 125 (1km west of Quatro Estradas roundabout, west of Almancil). Depart at 1pm prompt.

Weekly tours vary from 10km to 25km.

€5 per person/week (pay as you go, no joining fee).

Bike hire available.

Contact Paul Beesley to book and additional info including rules on 913 226 954 or paul.beesley@sapo.pt

East Algarve Walks

Every Tuesday and Friday mornings.

For more information. Call 913 595 868.

brian@moonlightservices.eu • www.moonlightservices.eu

Lets Walk...

...north of São Brás

A moderate 3 hour circular walk through unspoilt countryside north of Faro

10.30 start - meet at the entrance to the Pousada. Drive to Sao Bras and then follow the

...from Poço Barretto

An easy 2 hour circular walk passing rice fields and orange groves

...with our Dogs

An easy 1.5 hour walk where all dogs with well behaved owners are welcome. Half the proceeds will be given to the Bambu Animal sanctuary, Raposeira.

10.30 start at the Picnic area (Parque da Merendas) near Vila

There is no need to book, please just come along with a sense of humour (these walks are fun), all walks are €5 which includes a donation to charity.

Walk organiser and leader: Julie Statham 965 753 033

Wednesday December 3

signs for the Pousada which is 1km north of the centre. The turning for the Pousada is to the right off the old Lisbon road turn in and then park (do not drive up to the Pousada)

Saturday December 6

10.30 start - meet by the train station at Poco Barretto (mid way between Silves and Algoz)

Sunday December 7

do Bispo. Take the EN125 towards Sagres and then take the second exit for Vila do Bispo. Follow the signs for Praia da Castelejo and 2km from Vila do Bispo the picnic area is on the left.

Vila Sol Golf Challenge '08



Some of the players who participated in the Vila Sol '08 Golf Challenge last weekend.

The final of the Vila Sol Golf Challenge '08 gathered players from thirteen countries at the Vila Sol Golf Course, in Vilamoura, between 21st and 24th November.

The winner of the 'Nations Cup' competition is calculated by the average of the results of each participant in the tournament, with a prize for the best scoring country. Sweden won the title, followed by Germany and Canada.

Belgian golfer Sylvie Cnops won the female 'Longest Drive Challenge' whilst German Fenix Hanneman took it for the men.

This year, the Vila Sol Golf Challenge staged 50 tournaments in as many cities from Europe to Canada. Around 5,000 participants took part in the competition and only the best of thirteen countries came to the final at Vila Sol Golf course, which is on the 'Top 10 European Golf Resort' list. The course was divided into three different categories, depending on their difficulty: Prime, Challenge and Prestige.

The final was held over a sunny weekend with a dinner at Vilamoura Casino and another at the Hotel Renaissance in Vila Sol. The tournament is sponsored by ATA, ANA, Casinos Solverde, Real Companhia Velha, Vista Alegre, Vila Sol

Algarve and Renaissance Spa & Golf Resort and was created to promote the Vila Sol Group, as well as the Algarve and Portugal, in the foreign market as a golf destination.

Lagos Golf Club Tournament

Palmares Golf held a tournament for the Lagos Golf Club last Sunday, November 23rd. With the sun shining and the beautiful landscapes of Meia Praia, Alvor and Lagos, the tournament was a great success.

Fifty two players fought for a free weekend for two at Casas

da Comporta and two rounds of golf at Tróia Golfe, kindly offered

by the Prainha Group.

Nuno Faustino won the prize with 35 points. José Custódio was the winner of the invited players and Maria João Pais won the Women's round.

The next competition will be held on December 14th and will also take place at Palmares.



Eça Pinheiro, José Vicente, Mário Ferreira and Manuel Estêvão

Bowls Algarve

The Eurocooling Thursday league fixtures took place at Tavira this week where the home team had a good victory over the Alvor Aces by 36-31 and four points to two. Aces unfortunately were a man short and lost shots as a result. The Canela teams met each other and the Seagulls lifted themselves off the bottom of the table with an encouraging 44-26 victory and four points to two. The Alvor Diamonds had their first defeat, going down to the ABC Chieftains by 43-31 and by five points to one. Finally the ABC Braves and the PDF Panthers fought out a very close match which the Braves just won by 41-39 and by four points to two.

Chieftains take over at the top of the league table on 21 points, with a better shot difference than the Diamonds also on 21 points, now in second place. Tavira move up to third with 17 points, while the Panthers have 16, the Aces 14 and the Braves 12. Seagulls are now on 4 points and the Storks have 3. Next week the fixtures are at Isla Canela.

Meanwhile the One to One Car

Hire Saturday league has really gathered momentum. This weeks' big movers are the Tavira Titans who leap up the table after a 66-39 victory over the Alvor Gladiators and seven points to nil. PDF Crusaders had a 57-43 win over the Alvor Greens, sweeping all seven points. The Harlequins saw off the luckless PDF Sinners by 53-37 and six points to one. Also at Alvor, the Wanderers were surprisingly defeated at home by the Tavira Tigers who won by 59-42 and six points to two.

The results of all this is that the Cats stay on top with 31 points, despite resting this week. The Wanderers move into second spot on 30 points, after convincingly beating the Greens 53-41 and seven - nil in midweek in a rearranged fixture. Gladiators have 26, whilst the Tigers claw their way up to fourth on 25. Titans and Crusaders each have 23 points, with Harlequins in close attendance on 22. Greens now have 20 points and the Sinners have 7.

Alan Clarke, League Director

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South, Sat 6th December

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members
lunch only €25 pp

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Avenida André Jordan, Quinta do Lago

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"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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December Alfa

The next event will be a truly christmassy one with mulled wine, ginger bread etc. on Monday, the 1st of December, 7pm

As a very special guest we have Lori Avocato www.loriavocato.com coming from New England to have a good look at Europe's southern most literary salon. So, mark it well in your diary: spend the afternoon of the 1st of December at the Network christmas fair in the Hotel Garbe in Armação de Pera and come to ALFA in the evening.

For more information: www.alfacultura.com

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While a good selection of what Style Furnishings stocks can be seen first hand in their Alcantarilha showroom, their newly revamped, user-friendly website showcases a full catalogue of all items for order.

From well-known UK beds to sofas, dining sets, mirrors, headboards, cabinets and chests of drawers, Style Furnishings comprises everything necessary to make a house a home.

Now available are unique, customised metal wall-hangings, commissioned from an up-and-coming USA-based artist.

Owners Elaine and Brian have been the driving force be-

hind the business's success, dedicating all their time to achieving 100 per cent client satisfaction. They carry out all their own deliveries across the region to ensure they are done on time, and offer personalised consultations in the showroom.

And it has paid off.

Positive word of mouth has been Style Furnishings' best form of publicity and they now have a large portfolio of happy shoppers, whose comments include "Thank you so much for delivering our latest beds on time with your usual immaculate service" (R.S. Albufeira), and "We are very happy with

both service and value for money of various purchases we have made at Style Furnishings" (F.P. Boliqueime).

If you want to furnish your home, affordably refresh your rental property for next season, or simply give one of your rooms a revamp, visit Style Furnishings now.

The showroom is located on the EN 125, between Porches and the Alcantarilha roundabout (near Aqualand Water Park), open Monday – Friday, 10h30 – 16h00, and Saturdays by appointment (telephone/fax: 282 322 291).

Alternatively, see website: www.stylefurnishings.com.

Perfect Christmas gifts for someone special



Games specialists F.J. North's little elves have agreed to work extra

hard this year and are now taking orders for delivery on, and up until, Christmas Eve, before 6pm. Now that's what you call dedication!

F.J. North have a sack full of Santa's goodies for that extra special someone. From pool and snooker tables to Ping Pong and Air Hockey Tables, garden trampolines, football tables, coffee table arcade machines (with 200-plus games pre-installed), pinball machines, touch screen games and dart boards.

Now here's how you can order your Christmas goodies:

Make an appointment to visit F.J. North at their new premises on the EN125, between Vilamoura and Quarteira, but

please ring first.

Alternatively, see website: www.fjnorth.net, which has a full brochure and price list that you can browse through. Either email or call and F.J. North will take it from there. Easy!

Finally, call Suzi on mobile: 912 264 905 or Steve on 917 846 242,

and give them your Christmas games room idea and they will sprinkle the fairy dust to see what can be done. Now that's service.

On top of all that, F.J. North offers free delivery anywhere in the whole Algarve, a 'Best Price Promise Guarantee', and exceptional quality and service, so you really can't go wrong.

Remember, if you want to go that extra mile this year and get loved ones an extra special present they've always wished for, call F.J. North at the Games Room Warehouse and they will make you and your family's Christmas wishes come true.

F.J. North would also like to take this opportunity to wish all their customers and suppliers a very Merry Christmas and a Happy New Year.



Mestre Construtivo



Are you throwing away thousands of euros every year on energy bills? Are you aware of the new EU laws for energy conservation? Mestre Construtivo is always looking ahead by providing insulation and roofing to the highest standards, to ensure your home complies with new EU Energy Conservation laws. As of January 2009, this law will be enforced to all newly built homes and, in the future, it is thought existing houses will be obliged to conform to these standards too.

Michael Pawlak established Mestre Construtivo eight years ago as a traditional roofing company, which allowed the company to progress to modern methods of roofing and insulation that now are going to play a crucial role in building homes in the EU. In the near future, the energy efficiency of residential buildings, as well as of buildings used for other purposes, will play a much more important role than ever before. Under the new EU law, construction firms and project developers will be obliged to give preference to reusable materials, whenever possible, which will result in better thermal and acoustic insulation as well as being low in energy consumption and improving air quality.

Utilizing these methods will be beneficial for all who use them and each house will be given an Energy Certificate Passport, informing tenants or future purchasers the grade of

energy efficiency each home has.

With hot summers and cold, damp winters, proper insulation is a must in Portugal and purpose-built polystyrene insulation boards are the best solution available on the market. Besides keeping the house warmer, which makes it more effective at maintaining the temperature; it keeps the home drier, therefore not damaging the walls with damp patches; prevents cracks in walls; smoothes sound and adds value to your property. Michael Pawlak's team of ten employees are all specifically trained to use one system of exterior insulation. STO is the brand Michael sticks to, mainly because this company has been providing insulation to Europe for many years and has gained international recognition as one of the best companies in this industry.

Despite exterior insulation

being their specialty, Mestre Construtivo also offers other excellent services, such as building balconies, flat roofs, extensions and roof terraces, waterproofing chimneys and pools effectively, building roof gardens, and are also very crafty with woodwork, constructing professional wood structures. Michael's creativity is best expressed in woodwork, creating designs which will complement your home and provide adequate insulation and style, as opposed to common concrete work.

Mestre Construtivo will use all of the most high-tech equipment available to carry out any sized job and provide free quotes for all potential work. For more information, please visit their website (with portfolio): www.mestre-construtivo.com; email: info@mestre-construtivo.com; or call 289 42 25 25 or 938 66 92 15.

Christmas just round the corner at Thomas Green's



Robin and Manuela would like to thank their customers for their support during 2008 and wish them a Merry Christmas and a Happy New Year. With all the Christmas necessities already available, Thomas Green in Olhos d'Água also has prizes and draws to keep customers' spirits high during the festive season.

Robin and Manuela know that all promotions are welcomed with open arms during this time of year and so they have thought up some delightful opportunities for Christmas shopping days.

Thomas Green's, in Olhos d'Água, is giving away one bottle of Cliff Richard's Rosé wine for every bill that exceeds €40, they also have a large Christmas hamper, worth €80, up for grabs in their raffle draw. For every €20 of shopping clients will receive one raffle ticket for free, increasing chances of winning the neatly packed Christmas treats. Also, to get the Christmas cogs moving, Thomas Green in Olhos d'Água is holding free product tasting days every Saturday from 12h00-16h00 up until Christmas.

As for their currently available products, you will not have to miss a thing to make this Christmas a memorable one as Christmas cakes, puddings and mince pies, crackers, stuffings, New Zealand lamb joints, festive condiments and more are filling up the shelves to the brim. Reindeer and lollypop chocolates from their Thornton's Christmas range will bring a smile to the young and their range of fantastic cheeses will do the same for



their more mature clients.

If plans for a perfect Christmas involve baking your own cakes, Thomas Green's also has a full range of bakery products that are part of the traditional British Christmas.

Apart from their Christmas products, Thomas Green's continues to sell all the usual products from back home, from sweets to curries, pastries, refreshments, frozen foods, ready-cooked meals, Weight Watcher's range, soups, Sir Cliff Richard's range of wine, scones, bagels and much, much more. Their friendly approach makes food shopping a pleasure and they are always open to requests for new products.

The shop brings in lots of people residing in the Eastern Algarve and it already has many regulars that like to be that little bit closer to home. Thomas Green's, in Olhos d'Água, is located near the Municipal Market and is open Mon-Fri 10am-7pm and Saturdays and bank holidays from 10am till 5pm; they will be open on Christmas Eve until 19h00. They will be closed on 25th and 26th December and will be opening again on 27th with their usual schedule. For more information please check their website www.thomasgreen.pt, email albufeira@thomasgreen.pt or call 289 541 119 or 93 726 13 58.

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PROPERTY

A 10 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 29 Nov 2008

PROPERTY OF THE WEEK

Explore the East Algarve



The East Algarve is the more characteristic side of the region and as a result still remains unspoilt, within 5 kilometres of the coastline. Little villages in the hills maintain all their traditions and wonderful home cooking.

For the more energetic there are a number of golf courses in Castro Marim (Quinta da Ria / Quinta de Cima, Monte Rei and Benamor to name a few), approximately three kilometres from Tavira, which are complemented by all kinds of water sports available on the beaches.

The beaches are magnificent; low lying, with soft white sand and warmer waters than the west coast, and for nature lovers the 'Ria Formosa' is home to many species of birds and flamingos.

Tavira is a beautiful town with

a very ancient history and has all the amenities necessary for everyone: health centres; schools; supermarkets, and is therefore an ideal location to live and to visit. Olhão has a brand new marina and Vila Real Santo António must not be forgotten, overlooking the Guadiana river.

Este Algarve, amongst its other properties, is highlighting a charming renovated town house in the historic centre, on the market for €199,800, comprising two bedrooms and two bathrooms.

Nearby in the village of

Cabanas, close to the golf courses and beach, Este Algarve Propriedades Lda has a selection of new and nearly new apartments with access to four swimming pools, with prices starting from €126,000, all within walking distance of the shops and restaurants.

If it is a villa you are looking for, then there is a very wide choice, from a three-bedroom villa with private pool, less than five minutes' walk to Manta Rota beach, for €316,000 or, for example, a villa in the hills, from €320,000.

It is well worth exploring the East coast and visiting Este Algarve's two offices, one of which is in Cabanas, the other being on the main EN 125 road, between Vila Nova de Cacela / Altura.

Here are examples of a few of Este Algarve's properties:

Property 1 – Cottage – neighbourhood Tavira: In the centre of a village, close to golf course and three kilometres East of Tavira, this sweet, two-bedroom cottage has recently been lovingly restored in very good taste. Sheltered, walled patio: 14m². Pre-installation for air conditioning. Price: €175,000.

Property 2 – Manta Rota:



Property 3: Villa - Moncarapacho

Three-bedroom villa, situated just a few minutes from the sea / beach, 2,5 kilometres from the village of Manta Rota, 10 minutes driving from golf courses. Total area: 129.56m² and uncovered area of 203.60m². It comprises a swimming pool, garage, and a roof terrace with wonderful view of the coast and hills. Price: €315,000.

Property 3 – Villa – neighbourhood of Moncarapacho: This attractive two / three-bedroom villa has a lovely quiet location in the countryside with beautiful views of sea and hills 5 kilometres from Moncarapacho. Surrounded by 4,680m² of land, it also has a swimming pool, solar panels, central heating and a large garage. Covered area of 268m². Price: €395,000.

Property 4 – Apartment – Cabanas: This two bedroom, two bathroom apartment is on the ground floor of a building consisting of only two apartments, and is part of a very attractive holiday complex with an exceptional location in front of the beautiful lagoon of Cabanas. It is five minutes walking distance to the centre of Cabanas. Large terrace. Sold furnished and equipped. Price: €240,000.

Property 5 – Apartment – Conceição: Situated in a new residential area in front of the golf course, 2 kilometres from the nearest beach, within walking distance of shops and served with public transport, this nice, one-bedroom

apartment is on the building's first floor and has a large terrace. It has pre-installation for air conditioning. Sold furnished and equipped. Price: €115,000.

For more information on any of

these properties contact Este Algarve on: (+351) 281 951 165 / 281 370 277, fax: 281 951 438 / 281 370 761, e-mail: belosantospedras@hotmail.com, or see website: www.estealgarve.com.



Property 1: Cottage - Tavira



Property 2: Villa - Manta Rota



Property 4: Apartment - Cabanas



Property 5: Apartments - Conceição

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Quarteira

Centrally located, 5 minutes from the beach, 2 bedroom apartment composed of 2 bathrooms, lounge with dining area with fireplace, kitchen, storage and terraces. Furnished and equipped. Parking space in the basement. Construction area - 92 sq.m.
Ref: A1278 Price: € 145,000



Loulé

Villa with ground floor and 1st floor composed of 4 bedrooms, 2 bathrooms, 3 lounges, 2 kitchens, pantry, laundry room and storages. Garage and terraces. Villa has 2 separate entrances. Located in the centre of Loulé. Construction area - 200 sq.m.
Ref: V12595 Price: € 180,000



Vilamoura

Duplex apartment composed of 2 bedrooms, 2 bathrooms, lounge w/ dining area, equipped kitchen, storage, laundry room and terraces. Storage and parking space in the basement. Communal swimming pool and garden area. Construction area - 114 sq.m.
Ref: A1277 Price: € 215,000



Vilamoura

Attached villa composed of 3 bedrooms, 2 bathrooms, lounge w/dining area, kitchen, storage and various terraces. Outside parking area. Condominium with swimming pool and garden area. Furnished. Construction area - 122 sq.m.
Ref: V12596 Price: € 325,000



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Vilamoura: 289 301 294



Tavira

Modern & spacious 4 bedroom/3 bathroom duplex apartment with large sun terrace and garage set in a new, central located residential area within walking distance to Tavira town centre. Covered area: approx 190 m2 excl. terraces of 63 m2.
Ref: LHA-861 Price: € 230,000



Tavira

Split-level property with 4 bedrooms, 3 bathrooms, spacious back garden, roof terrace & garage. Ideal holiday home or permanent residence in well established residential area. Constr. approx. 180 m2, excl. garden & garage of 39m2 & 21m2. Built in 2008. Good value for money.
Ref: LHT-869 Price: € 269,000



Tavira

Great Opportunity! T3 townhouses with charm, private pool and spacious basement, located on an elevated position in a sought after area in lovely Tavira, enjoying wonderful panoramic sea views. Constr. Approx 160 m2 & terraces of 30m2.
Ref: LHT-871 Price: from €290,000



Santa Catarina

Modern, well designed single storey 3 bedroom/3 bathroom (2 en-suite) villa with pool on a good size plot (6000m2), centrally located within a short distance of some of the best beaches of the Eastern Algarve, built 2008.
Ref: LHV-1020 Price: € 450,000



Sta Catarina

Attractive and well-maintained split level, 3 bedroom/3 bathroom villa, with beautiful swimming pool (10x5 m), garage and basement set on a good-size plot (4850m2) in the country side. Constr. approx. 229 m2, built in 2004. Good road access. Price negotiable.
Ref: LHV-1026 Price: € 655,000

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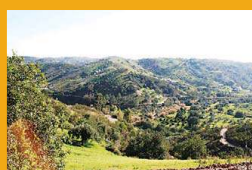
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- Plot 1.256m²

Ref: TRA1151
Price: € 169,000



Vale do Lobo Golf Resort

- Beautiful spacious villa
- 3 bedrooms 3 bathrooms
- Heated pool 12m x 6m
- Garage, garden, BBQ
- Large basement 80m²
- Villa 340m² plot 1.000m²

Ref: V1180
Price: € 1.500,000



São Brás de Alportel

- Bright & spacious villa
- Open views all around
- 3 bedrooms 1 bathroom
- Very large basement
- Lawns & fruit trees
- Villa 224m² plot 1.650m²

Ref: V1181
Price: € 295,000



Ponte de Lima, North Portugal

- Spectacular new villa
- 4 bedrooms 4 bathrooms
- By architect / designer
- Lovely country views
- Villa 250m² plot 1.560m²

Ref: V1182
Price: € 750,000



Moncarapacho

- Very spacious villa
- Currently 3 apartments
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- Plot 16.680m²

Ref: V1184
Price: € 535,000



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Vilamoura

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Price: € 575,000



Vilamoura

2 Bedroom 'Fully Furnished' renovated apartment overlooking the communal swimming pool with café/snack bar. This apartment is within 10 minutes walk of the tennis centre or 15 minutes to the marina.

Price: € 175,000



Almancil / Vale Formoso

Luxury 2 Bedroom 'Fully Furnished' townhouse located on a small condominium of only 12 villas with use of Tennis Courts. Within 5 minutes drive of Quinta do Lago and Vale do Lobo beaches and golf courses.

Price: € 345,000



Vilamoura

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Vilamoura

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LOULÉ

Ref. V82211

Great opportunity. Three bedroom villa that needs to be renovated. Located on a very quiet area only 4 km from Loulé. 7.900 sq.m. plot with a total construction area of 233 sq.m. Possibility to build a swimming pool. Lovely barbecue area with fantastic country views. Basement and Garage.

Price: € 450,000



VILAMOURA

Ref. A82315

Two bedroom two bathroom apartment located in a very quiet area beside the Pinhal Golf course and the Hilton Hotel. Within walking distance to all amenities, a supermarket, coffee, bars and restaurants. Complex with communal gardens and swimming pool. 97 sq.m. of constructed area. Furnished and equipped. Large living room with fireplace. An excellent investment, easy letting.

Price: €185,000



VILAMOURA

Ref. A71990

One bedroom apartment located on a very quiet area beside the Pinhal Golf Course and the new Five Star Hilton Hotel & Spa, approx. 3 minutes walk. 15 minutes walk to the Marina. Furnished and equipped. Recently renovated. Lovely swimming pool and garden area. Private parking space for one car. South facing. Great rental potential.

Price: € 102,500



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Ref. EM82166

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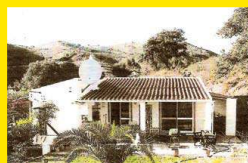
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**Pestana Golf & Resort**

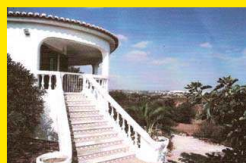
Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw. pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished.
Ref. V-327 Price: €275,000

**Centianes / Carvoeiro**

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Ref. V-350 Price: €635,000

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Ref. V-349 Price: €445,000



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Solar Panel

Location: Lagoa

Plot: 234m² - Covered area: 190m²

Built in 2000 Price: €330,000.

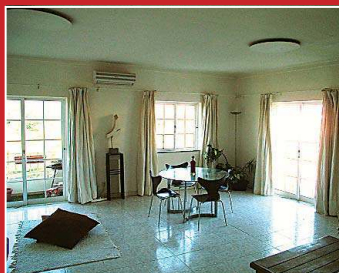
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Long dark nights and gloomy days leave us craving light, so it's vital that our homes are warmly lit, welcoming spaces.

Getting switched on to lighting can also 'magically' make cramped rooms seem larger, introduce intrigue and interest, and crucially at this time of year, make rooms feel cosier.

It's all about playing with light and shade, but that doesn't just mean changing a dodgy lampshade or acquiring some Harry Potter-style powers.

"Successful, innovative lighting can dramatically bring a house to life," explains leading lighting designer Sally Storey.

"It will enhance the space, provide a sense of drama, and can create pools of focus around furniture, walls and floors."

Yet she believes that all too often lighting is an after-thought, so people can't use light as they want and even struggle to find enough sockets to meet their needs.

"Ideally, in a new house or renovation a lighting scheme should be at the same time as the plumbing," she says.

"If you do that or are choosing lighting, always try to think of the ways you'll use each room and how you will want it lit at different times of the day."

Sally's new book, *Perfect Lighting*, is a beautifully illustrated guide to the basics and the fantastic effects of great lighting. She's also a design director for John Cullen Lighting, so she knows her stuff.

"Use lighting well and it can change the shape of rooms," she says.

"For instance, uplights, which direct light up at the ceiling, make a room feel taller and brighter.

"Wide-beam downlights will make a room seem wider. Lighting something beyond a room - like a feature in a garden or a window box - will extend the space and stop windows becoming like a mirror at night and reflecting everything in the room."

Similarly, lighting a less-obvious space, like a half-landing lead-

ing off an entrance hall, will create a sense of flow between the areas and increase a feeling of space, Sally says.

"Variety is important for creating interest, so try to employ several lighting effects, just as you would when choosing a mix of textures and colours for a decoration scheme.

"So you might combine uplights with downlights for task lighting, shelf lighting to enliven a kitchen display, bookcase or bathroom accessories."

Follow our tips and a guide to dazzling lights so you can create your own light show.

Turn on the power

Follow Sally Storey's tips to make the most of light in your home and avoid the common lighting blunders.

- Always fit dimmers - and don't forget one for the hallway, so you can change the mood of rooms. For instance, have table lamps on one circuit, and downlights focusing on a table centre on another.

- Avoid symmetrical lines of low-voltage downlights. Instead, think of what you want to light and focus the downlights so they highlight a picture or focus on a work surface.

- Combine traditional lighting effects with modern solutions, such as chandeliers with

downlights.

- Consider lighting a bookcase or display shelving. Either light shelves from the front, backlight them or turn a spotlight on specific items displayed.

- Don't forget to be eco-friendly. Fluorescent lights are energy efficient and can be fixed on top of kitchen units to throw light up to the ceiling that will bounce softly down.

LED lights are also energy efficient, and can be used under cupboards to light worktops.

Pendants plus

In the past a central pendant was the only source of light in the room but Sally says that's now rare. She says they come in any number of guises, including metal, wood, plastic, paper or fabric.

"A pendant light can literally be the decorative centrepiece in a room, or suspended in a corner, or hanging low over a table or kitchen island to provide task lighting."

Tip: The eye is always drawn to the brightest point so these lights need a dimmer, although if the pendant has a soft light coloured shade it will need dimming less and will cast a wider light.

Prevent glare from an overhanging pendant shade by fitting a crown-silvered bulb.

By Gabrielle Fagan



Chandelier, from Gustavian Ltd. www.gustavian.com

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Pots of winter charmers



Brighten up your garden, patio or balcony with a selection of containers to bring colour, texture and all-round interest.

If you want to put winter containers on your patio or balcony, make sure you place them in a prominent position. Too often, pretty containers are hidden behind patio doors and remain invisible to guests inside.

As winter draws in, group your containers together near windows for a better effect and to provide mutual protection.

Traditional winter colour schemes include red, green and white, and there are plenty of plants to choose from. Among my favourites are the evergreen *Skimmia japonica* subspecies *reevesiana*, one of the few *skimmias* which is a hermaphrodite and will therefore produce plenty of berries if planted on its own - though the display is even better with a male pollinator nearby. Plant it with *Skimmia japonica* 'Rubella', a compact male variety with attractive red-

marginated, dark green leaves, which is ideal for pots and troughs.

They like well-drained, non-alkaline soil in partial shade. Plant them with white winter-flowering heathers such as *Erica carnea* 'Springwood White' or 'White Perfection'.

If you need more height in your container have a look at some slightly taller evergreens, such as *euonymus* or a dwarf conifer. Further colour can be achieved by planting winter-flowering violas and pansies, and *Cyclamen* *Miracle* series (see photo right), which will cope with all but the deepest shade.

Other useful additions to winter pots include *Gaultheria mucronata* (see photo left - www.thompson-morgan.com), which provides a pink sheen of berries - but is better planted in groups to ensure plenty of cross pollination if it is to produce

masses of white, pink, red or mulberry-coloured berries.

Variegated ivy is a must if you want your pot covered with trails of colour and texture, and seems to withstand even the most difficult conditions.

If you want to incorporate pansies into a bigger display, they make a pretty foil for larger foliage plants such as grasses and heather. Alternatively, set up outdoor shelving in a sunny, sheltered spot visible from the house and put rows of the same-coloured pansies in pots along the shelves, which creates a more dramatic effect through repetition.

Use a good multipurpose compost with a generous layer of drainage to allow for heavy winter rain and add a handful of grit. Raise the pots on feet to allow the water to seep through underneath.

For a more contemporary foliage arrangement, choose dark



with light - say a *Heuchera* 'Chocolate Ruffles' with its dark leaves which are burgundy underneath - and combine it with light green *Teucrium scorodonia* 'Crispum', and a central plant of *Juncus effusus* f. *spiralis*, with its curly, upright stems. This type of container will last all year round, although you'll have to give the *Teucrium* a trim during the summer months to stop it overpowering its companions.

This type of planting can be left in a shady corner of the patio all year round and is best displayed at the top of a flight of garden steps, in full view. When you plant up your winter pots make sure you water them well and check the compost regularly to make sure it hasn't dried out.

Deadhead flowers as they fade and remove leaves around the crown of the plant which are discolouring. If severe frost is pre-

dicted, cover the pots and plants at night with horticultural fleece for protection - and hopefully

your winter pots will remain colourful until spring.

Hannah Stephenson

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From plot to plate



Okra

It is often used in African and Indian cooking, where it is known as ladies' fingers or gumbo, but it is possible to grow this half hardy annual here, although it will need full sun and a hot, humid environment to crop well. It's better, therefore, to grow it in a greenhouse, a polytunnel or under a cloche in the sunniest spot you can find.

Seeds should be sown indoors in late winter or early spring in a heated propagator in a bright position in individual 3 1/2in pots of moist seed compost. Don't let the seed dry out before it germinates. Warm up the soil for a couple of weeks before planting, by laying down sheets of black plastic and erecting the frames beforehand, then plant the seedlings through slits cut in the sheets. When the plants are about a foot tall, pinch out the growing tips and keep them well watered and fed with a high potash liquid feed. They can reach about 1.2m (4ft) in height and will need staking. Pods form soon after flower and should be picked frequently to stop them becoming tough and stringy. Good varieties include *Clemson's Spineless*, which is ideal for Asian dishes.

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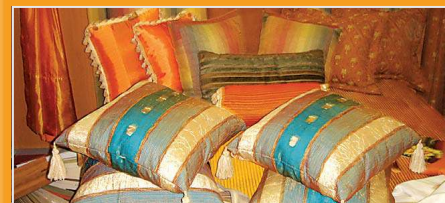
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Two for Tea...

Two cheese and onion tart

Serves 2

This is like a pizza with a pastry base. It is easily assembled and can then be left in the fridge, loosely covered with cling film, until you want to bake it. Use whatever cheese you have in the fridge - one, two or three types is fine.

Serves 2 (suitable to freeze)

Half a pack of ready-rolled puff pastry
2tbsp tomato chutney with red pepper or chilli
1 small onion, peeled and thinly sliced
110g (4oz) cheddar cheese, Double Gloucester or Red Leicester mixed with a blue cheese, cut into cubes
6 baby plum or cherry tomatoes, halved
Freshly ground black pepper
Chopped parsley to garnish



half of the oven for about 30 minutes until the pastry is browned and crispy. Cool for a few minutes and then sprinkle with a little parsley and cut into two or four squares. Serve the tart warm or cold with a fresh leaf salad.

Preheat the oven to 220C/425F/Gas 7. Carefully unroll the whole pack of pastry, cut it in half and put one piece (measuring 18 x 23cm/7 x 9in) on to a heavy baking sheet and re-roll and re-wrap the other piece and chill or freeze for later use.

With a sharp knife, mark a border about 1.5cm (1/2in) in from the edge all round and lightly mark it for decoration. With a fork, prick inside the border, to keep the pastry flat while it cooks.

Spread the chutney inside the border, then strew the onions slices all over followed by the cheese cubes and tomato halves. Season with pepper.

Bake the tart in the bottom

Sweet potato rosti with poached egg

Serves 1

For the rosti:

1 sweet potato, peeled and grated
1 egg
Salt and freshly ground black pepper
1tsp sunflower oil
Small knob of butter
1 egg
A dash of vinegar

To serve:

A few chopped chives

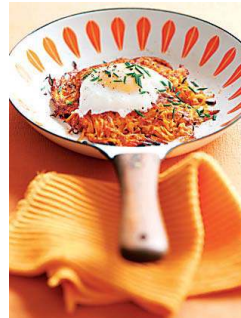
For the rosti, mix the potato, egg and seasoning in a bowl. Press the mixture into a patty shape.

Heat a small frying pan, and add the sunflower oil and butter. Slide the sweet potato rosti into the pan, re-shaping it if necessary. Cook for 3-5 minutes, and slide a palette knife or fish slice under it to make sure it hasn't stuck to the base of the pan. Then place a small plate over it and turn the pan over so the rosti drops out onto the plate. Slide the rosti off the plate back into the pan and cook it for a further 3-5 minutes, until cooked through and golden.

Meanwhile, prepare the egg. Break the egg into a cup or small bowl. Heat some water in a small saucepan and add a dash of vinegar. When the water comes to the boil, use a spoon to stir the water to swirl it around, and then when the water is still spinning, tip the egg into the centre of it. Cook the egg for 3-4 minutes or

until the white has set, but the yolk is runny. Remove the egg from the pan with a slotted spoon.

Slide the rosti onto a serving plate and place the egg on top. Scatter with a few chopped chives and season the top with pepper.



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The Battering PlaiCe in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them

time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

Seattle Style describes itself as an American Bar and Chowder House and is located on Alvor's harbour next to the Lifeboat Station, overlooking nothing but the river, fishing boats and sailing yachts. As well as traditional dishes from the U.S.A. they offer steaks, seafood, giant prawns and Tex Mex - served in typically American portions - inside or outside on their large terrace. Children are welcome and there is live music every night. The Bar has Sagres, John Smiths, and Fosters beers, and also Strongbow cider on tap, plus American cocktails and fresh fruit Margaritas are a house specialty. There are wheelchair facilities.

Way Point at Lagos Marina is recognisable by its bright contemporary lighting outside. The comfort of the modern red and white interior with its glass frontage offers gorgeous views of the many yachts moored in the Marina. Chef Ricardo Santos prepares for your delectation Portuguese food with a contemporary flavour (Black pig with Prosciutto served with Acorn Puree for example) from separate lunch and dinner menus with locally sourced ingredients. There is a children's menu as well, and a good selection of wines to choose from.

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Countdown to Christmas - Father Christmas



How did the story of Father Christmas evolve? Pictures abound everywhere of the old man with long white beard, red coat and bags of toys who has become the human face of Christmas.

He brings presents either on Dec 6th, St Nicholas Day or the night before Christmas. But who was he? He is based on St Nicholas which explains his other name Santa Claus which comes from the Dutch Sinterklaas. Nicholas was a Christian leader and Bishop from Myra (in modern day Turkey) in the 4th century AD. He was very shy and wanted to give money to poor people without them knowing about it. It is said that one day he climbed the roof

of a house and dropped a purse of money down the chimney. It landed in the stocking which a girl had put to dry by the fire! This may explain the belief that Father Christmas comes down the chimney and places gifts in children's stockings. More fascinating facts of how the kindly Christian saint became a roly-poly, red suited American symbol for merry holiday festivity and commercial activity can be found on www.stnicholascenter.org

You have an exciting opportunity

to see Father Christmas opening the NETWORK Christmas Fayre at the Hotel Garbe at 11am on Dec 1st. Then just follow the Penguin Trail to find him in his Grotto. All proceeds will go to Castelo dos Sonhos helping to provide for the needy at Christmas time. Also this year for just €5 you, your children and grandchildren will be able to have a photo taken with Father Christmas and printed on the spot by John Oliver (www.johnoliversphoto.com) with a €1 donation made from each print to Castelo dos Sonhos.



Father Christmas and his Elf relaxing before the crowds arrive

Christmas Fair for A.P.P.A.A

29th, 30th November and 1st December

Vila Sol Shopping

* Children's fashion show

* Traditional singing

* Academic singing group from Portimão - Algarve University

* Childrens painting atelier * Yoga

* Handicraft * Gourmet flavours Surprises, music & lots of fun!

To help APPIA and bring your Christmas items for the bazaar (Donations, candles, books, new toys, cakes...) to the Vila Sol Customer Service.

Amigos do museu de São Brás Christmas Concert

The choir of the Amigos do Museu will present a programme of songs, in partnership with the Youth Choir Coro Juvenil Ossónoba on Saturday 29 November at 16h.

The repertoire of this multi-national group is

expanding rapidly under the guidance of their choirmaster, Walter Sulzer. A lively time is guaranteed.

For further information tel: 966 329 073 or see www.amigos-museu-sbras.org

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4th Annual Shoebox Drive for the Elderly



Thank you to all who have already delivered filled shoeboxes for the Elderly. There is still time to participate.

It is really rather easy all that is needed is a shoebox, lots of goodies, festive wrapping and a little imagination. Once you have located an empty shoebox (most shoe shops are happy to give them away!), the next step is to decide whether your gift will be tailored to a man, woman, or couple.

Then start filling your box with individually wrapped presents that will brighten someone's day. Filled shoeboxes may be delivered to Castelo dos Sonhos or the Hotel Garbe before 5th December, 2008..

Castelo dos Sonhos, a registered charity who help more

than 200 elderly people living in the Silves area, and want to bring a sparkle to their festive period.

For more information and suggestions for the contents, please contact Celia Mossman on 282 332 665 or e-mail dacemoss@sapo.pt



Advent & Christmas Celebrations in Vale Judeu

The International Evangelical Church of the Algarve in Vale Judeu (on the EN125 near Vilamoura) will celebrate Advent and Christmas this year with four special services: "Carols for Advent and Christmas" on Sunday-evening 30th November at 8pm is a special carol service at the beginning of Advent. This will be a joint celebration with the Romanian Evangelical Church of Almancil. Carols and Readings will be in English, Romanian and Portuguese.

Christmas Family Celebration will be on Sunday 7th December at 10:30am. All parents and children are specially welcome.

On Sunday-morning 21st December at 10:30am there will be an English-Portuguese Carol Service to celebrate Christ's birth with the expat- and Portuguese community together.

The traditional Christmas Eve Celebration on Wednesday 24th December will start at 7pm. Also this year the service will take place around the

candlelit Christmas tree and the life-size stable. After the service everyone will be invited to a drink and a snack.

Everyone is most welcome to join us for these celebrations. Please come warmly dressed to all services. For information contact Pastor Mark on 289 328 635 or via ieccavj@sapo.pt or look at our website: iecc-algarve.com

On Christmas Day, Thursday 25th December there will be no service at The International Evangelical Church in Vale Judeu.



Visit our stand at the Christmas Fayre
On 1st December at the Hotel Garbe
in Armação de Pêra

You can buy your Christmas cards
and other greeting cards,
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ANGEL PROGRAMME



on behalf of
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Please be an Angel and buy just one extra present this year.

Call us and we can give you a child's name, age and wish. Then all you need to do is deliver your wrapped, labelled gift to us at Barringtons, Vale do Lobo, before 10th December.

For further info call Wanda on 919617995 or Jackie on 963494788
www.accakids.com

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at
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Saturday 6th December
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Anthea's eight-week plan

Four weeks before:

- Start cooking dishes for the freezer.
- If you are making mince pies, do them now and put them in the freezer.
- Buy your Christmas cake and pudding if you are not making them.
- Get your Christmas cards written and ready to post.
- If you're planning to do a supermarket shop online book a delivery slot - deliveries for the week before Christmas are quickly booked up.
- Do any last-minute online present shopping.



Anthea Turner making Christmas cards.

Three weeks before:

- Post your Christmas parcels and cards.
- Cook and freeze sauces, desserts and vegetable dishes that can be made ahead.
- Make/buy and freeze a few 'family suppers' for the busy days before Christmas.
- Finish your gift shopping.

Amigos do Museu Christmas Bazaar

**Sunday 30th November,
12pm to 6pm**

A must for everyone, whatever your nationality. Come and see, taste and buy some traditional Christmas goodies on sale including bread, cakes, cookies, jams, jellies & marmalade, good wine & even smoked trout.

Gifts galore for lovers of jewellery, handbags, artwork, tea and spices, books, calendars and cards, fragrances & aromatherapy and lots more.

A colourful show of Poinsettias, also known in Germany & Holland as Xmas Stars will also be on sale & can be planted out later in your garden.

Last but not least, in the spirit of Christmas, a Bric-a-Brac stall with all proceeds going to two animal charities; Nana's Shelter, Assoc. Bamboe & the small "Home" shelter run by Nina and Tó. (Photos will be on show at the stall)

This bazaar cannot be missed so please note down date and time in your diary right now.

We look forward to welcoming you all once again together with your friends and family. Let's make it a great Sunday afternoon.

For more info ring Vânia or Inge on 966 329 073

Rotary Christmas Lunch

This years Christmas Lunch for all the Rotary Clubs of the Algarve will be organized by the Praia da Rocha Club. It will take place on December 7th 2008. The benefits will go totally to the institution "Catraia".

The day will start at 11am with a visit to Portimão Museum at 1pm lunch and entertainment including an auction, live music and dancing, plus a visit from Father Christmas at Restaurant 'Monte das Alagoas'.

€25 per person, children €12.50. To book call 939 852 660

CHRISTMAS LUNCH at Calabaza Restaurant

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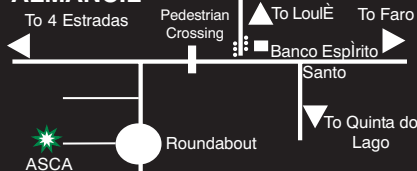
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Saturday 29th November - St Vincent's Christmas Fayre, Ocean Club, Praia da Luz - 10.30am-3.30pm
Monday 1st December - Network Christmas Fair, Hotel Garbe, Armacao da Pera - 11am-6pm
Tuesday 2nd to Friday 5th December - Hotel Belavista, Praia da Luz - 10am - 5pm

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Beat winter's double whammy

It's a double challenge this year - coping with winter ills and the financial crisis. When money's short and jobs are at risk it's even more important to avoid taking time off from work through unnecessary illness. Follow our guide to winter fitness.

seems that this combination could trigger an increase in the number of us suffering from seasonal colds and flu.

Money's short, jobs are at risk, and so there's pressure to avoid taking time off from work through unnecessary illness. A Boots survey reveals that 34% of people are worried about calling in sick in the current economic climate.

It all adds up to suffering rocketing stress levels, which in turn can potentially weaken our immune systems - the body's first line of defence in fighting off germs.

But can our personalities make us more at risk of becoming one of the nine million people annually, on average, who suffer the sniffles and sore throats after contracting one of the estimated 200 viruses currently in circulation in the UK?

"While there's no scientific evidence that our personality affects our chances of acquiring infections, it is likely that worriers and complainers are more likely to be inclined to high levels of stress and anxiety," says personality psychologist Dr Glenn Wilson.

"Stress plays a huge part in weakening the immune system,

as people suffering from it are inclined to eat less healthily, be less active and sleep badly. This can make them more prone to germs."

He points out that the upbeat and optimistic are more inclined to be relaxed and enjoy a healthier way of life with more stable eating and sleeping patterns.

"They may feel they suffer less from colds because of their outlook."

The effect of personality is highlighted by research from the University of California, which suggests that shy, socially inhibited people are more vulnerable to viral infections.

In animal studies, scientists found that gregarious types had more active protective lymph nodes than shy types. Lymph

nodes are part of the body's immune system and help to destroy infectious germs, such as viruses like the common cold and bacteria.

Also the way we suffer from a cold reveals a lot about our personality according to a survey by cough medicine manufacturers, Covonia, who polled 5,000 people.

Its research found that 58% of people blame their colleagues for giving them the infection, while 37% don't care whether other people catch their germs. A further 12% even secretly hope other people will suffer as well so they appreciate how bad they felt.

They discovered that cold sufferers fall into four categories when they have the sniffles -



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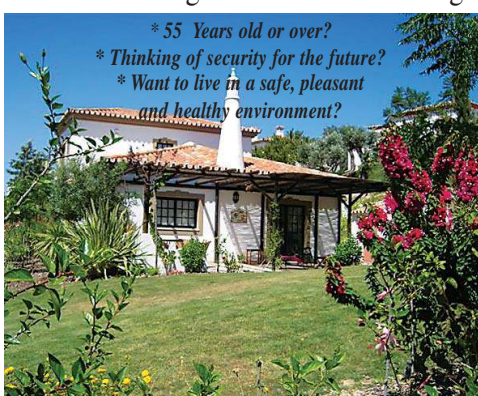
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We face a double challenge this year - coping with winter ills and the current financial crisis. As if things weren't bad enough it

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Washing hands frequently during the day and after using public transport is one of the best precautionary measures.

Martyrs, Complainers, Worriers and Non-Believers.

"People do approach colds in many different ways, and to some extent their behaviour when they're suffering from them will reveal their personalities," Dr Wilson says.

"Some will use illness to their advantage by exploiting their symptoms, especially if they feel insecure in their relationships or in need of affection, while others are more resilient and will battle through their symptoms."

Check out which type of cold sufferer you are and what it reveals about you.

WHICH COLD TYPE ARE YOU?

Research by Covonia has revealed the four following 'cold' personalities.

THE MARTYR

You're most likely to stoically suffer in silence throughout your cold if you're a woman. It's probably because you've been brought up to believe that everyone's needs should come before yours, so you feel guilty about inconveniencing anyone even if you do feel terrible.

In reality, you are probably too busy caring for everyone else

to have time to dose yourself up. This type accounts for around 44% of cold and flu victims.

General Personality: You set high standards for yourself and worry what others think about you. You're most likely to cheerfully say "I'm feeling better every day" followed by "anyway, never mind me, how are you?"

THE NON-BELIEVER

You're a 'brave soldier' and refuse to accept that you're unwell. Around 25% fall into this category.

You constantly downplay symptoms in an attempt to convince yourself and others that there's no problem.

Unfortunately, you unwittingly annoy those around you if you insist on coming to work and spreading the germs. You're particularly annoying to the Welsh and those in the South East.

General personality: You need to feel in control and may be rather shy, but are often caring and a good listener.

During a cold you regularly insist "I'm fine, nothing wrong with me" which may run completely contrary to the evidence of your glowing red nose and mounting piles of tissues.

THE COMPLAINER

You like nothing better than a good moan and bask in the TLC you gain from revealing how poorly you feel. Although only 22% of cold sufferers fall into this category, your type makes itself felt because typically, you are extremely vocal about your symptoms.

Any inquiry about your health is viewed as an invitation to provide every detail about rises in temperature and sore throat moments. You're probably start the day by giving friends and colleagues an update on your condition.

General Personality: You may have had a close relationship with a nurturing mother who paid attention to every health complaint, no matter how small.

You want to be the centre of attention but can be insecure. You egocentrically regard a cold as a problem limited to you and repeatedly whinge: "why did I have to get a cold now?". This is followed by loud nose blowing, exaggerated coughing, throat clapping and groans.

Complainers are found to be both irritating and frustrating to others.

THE WORRIER

You're most likely to be found queuing in the GP's surgery because you want to check out whether your cold is something more serious. This is the smallest category of sufferers - only 7% - and these people have a tendency to hypochondria.

Worriers probably help account for the statistic revealed by Boots showing that around 66% of doctor's time is spent dealing with minor ailments such as coughs and colds.

General Personality: You may have lacked attention in childhood and were made to feel incapable of taking care of yourself.

You're conscientious and take pride in being thorough, paying attention to detail and performing to the best of your ability.

You're most likely to say "I'd rather be safe than sorry" to justify going to the doctor about your cold, which may be the correct view if the symptoms continue or worsen over a period.

ABEAT COLD STRATEGY

COVER UP: There are around 200 cold viruses in circulation in the UK in winter. Covering up your nose and mouth when outdoors in cold weather may help.

This is because the cooling

down of the nose causes a slowdown of the infection fighting cells inside the nose.

Professor Ron Eccles, director of the common cold centre at Cardiff University also points out that low temperatures also slow down the tiny hairs that normally sweep away viruses in mucus.

KEEP ROOMS WELL VENTILATED: Over-warm and centrally heated rooms help the germs multiply. Try to ensure you get outdoors for regular doses of fresh air.

WASH YOUR HANDS: Wash hands frequently and ideally use an antibacterial hand gel. "Cold germs can be passed by touch as they linger on door handles, taps and toilet flushes, telephones and keyboards," says TV doctor and GP Rob Hicks.

"Washing hands frequently during the day and after using public transport is an excellent precautionary measure."

BE SMOKE-FREE: Either don't smoke or stay away from smokers.

Research from Harvard Medical School shows that smokers are more likely to have prolonged symptoms of a cold. Passive smokers are more likely to catch a cold and suffer the symptoms longer than non-smokers.

BOOST YOUR IMMUNITY: Keep your immune system in tip-top shape by eating plenty of fruit and vegetables and a healthy balanced diet.

Try to limit stodgy, comfort or 'fast' foods to occasional treats. Also ensure you drink up to eight glasses of water (or other fluids) a day.

MANAGE YOUR STRESS: Stress can turn us into couch potatoes. "A knock-on effect of stress is that people become less active, but to keep our immune system functioning well we need exercise, and to do pleasurable activities that boost our mood," Dr Hicks says.

"Laughter's also reported to boost our immune system."

FAST AID FOR SUFFERERS

Dr Hicks says we should aim to drink up to eight glasses of water a day to flush out toxins and support the immune system.

"I'm also a great believer in a honey, lemon and fresh ginger drink," he says. "Lemon contains Vitamin C, ginger has anti-inflammatory properties and honey is soothing."

Keep paracetamol and ibuprofen in the medicine cabinet so you can quickly relieve the symptoms of temperature and aches and pains as soon as they occur.

Relieve discomfort with an over-the-counter remedy, such as Covonia, to treat specific symptoms like catarrh, sore throat or cough. Its remedies are available from pharmacies and supermarkets including Boots and Tesco in the UK, or online at www.whatcough.co.uk.

Eat well and ensure your diet contains plenty of zinc, and vitamin C and E found in seeds, nuts, cereals, bread, vegetables and citrus fruits.

Get eight hours sleep and avoid unnecessary stresses and strains.

Boots offers a flu vaccination service in stores in England & Wales for £15. Call for nearest store: 00 44 (0)8450 707 890/ www.boots.com

Gabrielle Fagan



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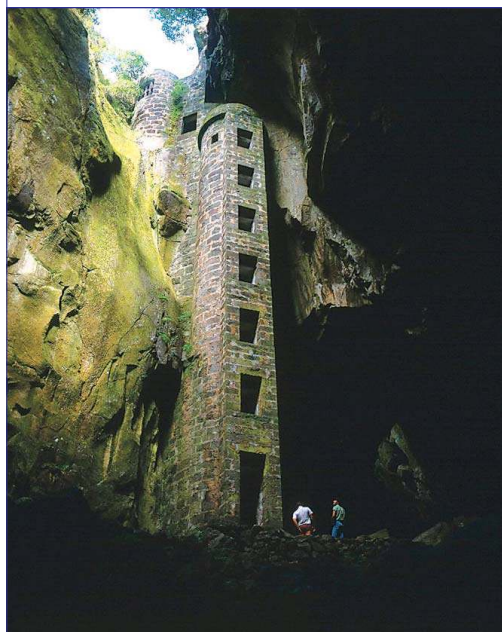
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The amazing Azores



Santa Maria, São Lourenço Bay, The Azores.



Lava tube in Graciosa.

The Azores may be part of Europe, marooned in the middle of the Atlantic, but culturally and geographically this remote Portuguese outpost couldn't be further away. The lush flora, including an abundance of camellias and hydrangeas, is stunning and walkers keen to get away from it all are in seventh heaven.

On this verdant archipelago of nine volcanic islands with its own pace of life, far removed from the bustling cities of continental Europe, visitors are advised to leave their expectations on the plane, 'slow down, relax and adapt' to the Azorean way of doing things.

It's sensible advice. This is hardly a destination for beach bums, although the islands muster a few beaches between them, mostly of black sand. But the lush flora, including an abundance of camellias and hydrangeas, is stunning and walkers keen to get away from it all are in seventh heaven. The year-round mild climate has temperatures hitting a balmy 24 degrees in August. In this friendly, relaxed and fascinating place, you can explore natural lakes and spas and try some great restaurants in between.

We began with a walking tour of Ponta Delgada, the main city on the largest island of São Miguel. Gabriela, a 50-year-old

Azorean woman with a warm, friendly face, revealed the secrets of the beautiful sun-drenched city. Ponta Delgada, like many towns in The Azores, was built from the most common rock on the archipelago - basalt. The hard, black rock, which paves the streets and frames the colonnaded buildings, contrasts with white-washed walls to create a stunning architectural effect.

Our tour began with the holy icon Senhor Santo Cristo dos Milagres (Lord Holy Christ of Miracles) at Convento da Esperanca - the convent where the image is kept and worshipped. The islanders have always visited and prayed to the image, since the frequent earthquakes of the 17th century.

From April to June, all the parishes on the islands celebrate the Divino Espírito Santo festival, with special exhibitions and food stalls. And on the fifth Sunday after Easter, the image is paraded through the streets of Ponta Delgada. After paying our respects, we paused for freshly squeezed orange juice at a street cafe opposite São Sebastião, the 16th century mother church in the main square.

It seems Ponta Delgada was built with wealth generated by the orange trade in the 19th century. By the mid 1800s, hundreds of ships were in the export business and by 1854, some 60 million oranges a year sailed to Britain and mainland Europe.

There was an annual race to deliver the first oranges of the season to get the best price and lookouts on the tallest buildings watched for ships coming in, so the oranges could be packed and despatched as soon as possible.

In the market we learned how to tell when locally-grown pineapple is ripe - from the size of its scales - and tried a delicious Azorean delicacy, bananas with local cheese. From a lookout at the top of the market, the view across the terracotta-tiled rooftops of Ponta Delgada is interspersed with a couple of high-rise concrete constructions, apparently apartments for tourists.

In the afternoon, we wandered down to the modern marina for a whale-watching trip. After a safety briefing, focussed mainly on the safety of the animals (a strict code applies in The Azores), we climbed aboard a rigid inflatable boat (RIB).

An exhilarating ride soon put



Furnas S. Miguel.

us among a school of some 20 bottlenose dolphins. They jumped beside our boat and dived, reappearing on the horizon moments later. We followed for half an hour before the clouds rolled in, then headed back, with sadly no whales in sight.

Our base was the Hotel do Colegio, a beautiful old music college in the centre of town, with basalt arches and a central courtyard with a swimming pool. Its restaurant serves extremely good food, which went down a treat after a tough afternoon riding the waves.

Next morning, an internal flight whisked us to nearby Santa Maria. At 37 sq. mls, it is one of the smallest islands of the archipelago but the first to be discovered in the 1400s. José Fontes, our cheery taxi guide for a half-day tour, knew the island like the back of his tanned hand - and soon had us stepping into another world, quiet and beautiful.

Christopher Columbus supposedly stopped off at the village of Anjos on the North Coast on his way back from his first American expedition. With the sun still rising over the low hills, we looked into the small church (probably the oldest on the archipelago), where Columbus attended mass.

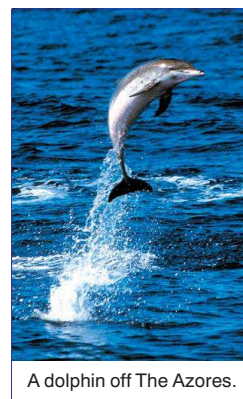
During the Holy Spirit festivities between April and June, there's a unique tradition of cooking soups in big iron pots in the street and there's a soup kitchen next to every church on the island for that purpose. At the chapel of Nossa Senhora de

Fátima, we walk up 150 steps (one for each bead on a rosary) to see the more modern church. It's worth the walk just for the views of the sea and ragged cliff faces.

Each village in Santa Maria has a colour-scheme. Simple, bungalow-style houses are all painted white, with a different-coloured border around the doors and outer edges of the walls depending on which village they belong to.

As we explored the island, José enjoyed pointing out those houses that have rebelled and gone for red decoration when they should be blue. Up in the mountains, he took us to see an 84-year-old woman in a remote farmhouse, who cooks the "best bread in Santa Maria" and who showered us with cookies fresh from her enormous bread oven.

Pico Alto is the highest point at 590m, offering a stunning 360



A dolphin off The Azores.

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A Sperm Whale off The Azores.

degree view of the whole island. From here we could see the massive contrast between the hilly, forested south west and the flat, fertile north east.

At Maia, we enjoyed a simple fish lunch. The quaint little fishing village, has a natural swimming pool and the cliff rises up from the coast road in terraces of ancient vines. It's also close to the only white sand beach on the archipelago.

Our visit to The Azores ended with one of its biggest highlights - a Geofun tour, guided by Pedro, a Portuguese geologist at Ponta Delgada visitor's centre, who whisked us into the hills in his shiny jeep. Pedro set up a tour

company in 2004 after completing his geology degree at the only university on São Miguel. His superb English and deep knowledge of the island made the day a great adventure.

We started off high in the hills overlooking Ponta Delgada at a cinder cone which had been opened up for quarrying. You could see layers of ash and volcanic bombs from different stages of the eruption.

Among the hills, the caldera of Lagoa do Fogo was simply beautiful. We stayed for some time, watching as the subtle movements of the clouds overhead turned the lake various shades of blue and green. It is currently pri-

vately owned by a widow, whose sons, Pedro feared, might have more commercial ideas about how to use the lake then when they inherited it.

On the road again, we passed fields of cows to reach a geothermal power plant. Geothermal power is responsible for 45 per cent of the island's energy - and the noise of steam being let off and the smell of sulphur were almost overpowering. Walking around the perimeter fence, we saw the massive cooling fans and turbines, and wells which bring hot water and steam up from the aquifer at temperatures of 175 degrees.

Back in the jeep, we turned off

the beaten track and through a couple of streams to a village called Caldeira, where we stopped for our picnic lunch. It was a small spa village with a hot spring at its centre, where you could dip your feet, and bubbling pools of pale mud.

Our trip ended back in Ponta Delgada in a lava tube cave - formed hundreds of thousands of years ago as lava flowed to the sea. The outer core had cooled to form the shiny cavern, complete with lava stalactites and stalagmites.

Flying home, we knew we had barely scratched the surface of The Azores. There are so many more islands to explore, you don't

have to make an excuse to go back.

TRAVEL FACTS

∴ Kate Whiting was a guest of Sunvil Discovery which offers short break, tailor-made, multi-centre and fly-drive packages to nine islands of The Azores. Three nights' B&B at Hotel do Colegio on São Miguel starts at £542/€641 in August, including flights ex-Gatwick and transfers.

Half-day whale-watching

tour costs £38/€45 from Ponta Delgada, full day geological tour costs £52/€61.

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Woman holding a glass of wine, eight months into her pregnancy.

Readers Tip

Put all your plastic bowls, beakers etc in the same low kitchen cupboard, so your toddler can safely rummage in there while you're making meals.

Website of the Week:

www.babyexpert.com

The website of Prima Baby Magazine, Baby Expert offers advice from pregnancy to parenting children up to the age of three. As well as expert ad-

vice and tips, there's a chatroom and blogs, plus product reviews and articles on everything from baby names and fashion to health problems.

Ask the expert

Q: "If I drink the odd glass of wine when I'm pregnant, could it harm my baby?"

A: Epidemiologist Dr Yvonne Kelly, lead author of a recent study at University College London into the effects of light drinking in pregnancy, says: "The link between heavy drinking during pregnancy and consequent poor behavioural and cognitive outcomes in children is well established. However, very few studies have considered whether light drinking in pregnancy is a risk for behavioural and cognitive problems in children."

"Our research has found that light drinking by pregnant mothers - defined as one to two units per week or per occasion - doesn't increase the risk of behavioural difficulties or cog-

nitive deficits.

"Indeed, for some behavioural and cognitive outcomes, children born to light drinkers were less likely to have problems compared to children of abstinent mothers, although children born to heavy drinkers were more likely to have problems compared to children of mothers who drank nothing while pregnant."

"The reasons behind these findings might in part be because light drinkers tend to be more socially advantaged than abstainers, rather than being due to the physical benefits of low-level alcohol consumption seen, for example, in heart disease.

"However, it may also be that light-drinking mothers tend to be more relaxed themselves, and this contributes to better behavioural and cognitive outcomes in their children."

"There is inconsistency in policy around this issue, and studies such as this are vital in light of the wider debate around drinking and pregnancy."

"Our study's findings raise questions as to whether the current push for policy to recommend complete abstinence during pregnancy is merited, and suggest that further research needs to be done."

When is my child ready...

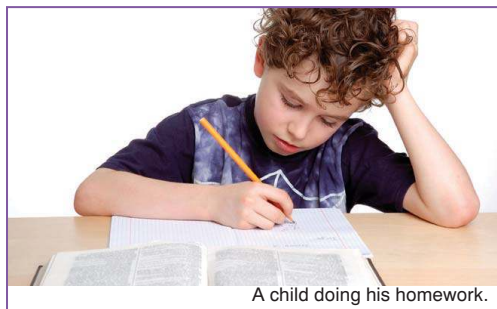
to go to the cinema?

While it depends on the nature of the child, some will sit through the right film from the age of four or five - although bear in mind that they may be intimidated by the noise and the darkness. To prevent other film-goers being upset by crying or misbehaving children, look for special children's screenings or kids's cinema clubs in your area.

Three ways to...

encourage your children to do their homework

1. Set a regular time for homework and pick a place for your children to study that has lots of light and is quiet.
2. Show interest and ask your children questions about their homework. If it's a large assignment, ask if it would help them to write out the steps or make a schedule.
3. Check to see that homework is started and finished on time, and look over it - but don't do it yourself.



A child doing his homework.



A teenage girl watching TV.

A new US study suggests pregnancy rates are much higher among teenagers who watch a lot of TV with sexual dialogue and behaviour.

The Rand Corporation study found that teenagers under 17 who watched the raciest shows were twice as likely to become pregnant over the next three years as those who watched tamer programmes.

Participants were asked how often they watched any of more than 20 TV shows popular among teens or which were found to have lots of sexual content. These included Sex And The City and Friends.

Perhaps parents should be watching what their teens watch - but that may sometimes amount to parental torture.

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PLAY



December 5, 6 and 7 - APERITIVO - PERFORMANCE GROUP - Save the Dormouse! Salva o arganaz! - Why is the dormouse in the teapot? Is it fault of the Mad Hatter and the even madder March Hare? Or is there some other mysterious reason? Find out when Young Jorge and the White Rabbit go on a Save the Dormouse Campaign, helped - and hindered - by Tweedledum and Tweedledee, the Caterpillar and the Ladybird, the Walrus and the Carpenter. And a sheep in a rowboat. David Attenborough provides a little scientific sanity and the Mary-Janes provide musical interruptions. For goodness sake don't try to understand it - just relax and enjoy! Aperitivo performance group will be presenting Jorge in Wonderland - in simultaneous Portuguese, English, German and Dutch - at 8.00 on Friday 5th and Saturday 6th, and at 4.00 on Sunday 7th at the Museum, São Brás. Tickets are 7€/5€ for members with entrance free for children. If you would like to reserve a table in the theatre and the Mad Hatter's Dish of the Day, call 966 329 073

EXHIBITIONS

Until November 30 - Painting Exhibition 'Arte Trio' by Sylvain Bongard, Sylviana Loubatières and José Delgado - Convento S. José's Cloisters - Rua Joaquim Eugénio Júdice - T. 282 380 434

Until November 30 - Nov 16: Exhibition 'Olhares Vizinhos' by Hassan Nadim - Nov 21: Exhibition by Edite Melo - Misericórdia Church - Silves - www.cm-silves.pt

Until December 1 - Exhibition of paintings by Liz Allen at the Hotel Luar, Praia da Rocha (near Portimão) - 282 955 320 - www.lizallenart.com

December 3 - Exhibition of paintings by local art group and homemade Christmas fair - 10h00 to 18h00 - Venue Casa Nova (formerly Bar Silves) Alfentes, Boliqueime - Contact Paula 914401035

Until December 6 - Painting Exhibition 'Inspired by Colour' by Marianela de Vasconcelos - Convento de Stº António - Praça da República - Loulé - T. 289 400 600

Until December 6 - Exhibition 'Endless landscape' by Sophie Whettnall - Vera Cortés Art Gallery - Av. 24 de Julho, 54 in Lisbon - T. 213 950 177

Until December 31 - Exhibition on the life and work of Fernando Pessoa 'Os Caminhos de Pessoa' - Convento Espírito Santo Art Gallery in Loulé - T. 289 400 600

Until December 11 - Exhibition 'Inward' by Cristina Ataíde - An artist who is intimately concerned with the natural surroundings. She is a restless and attentive observer, and takes note of its fragility and destruction - The exhibition consists of vigorous charcoal and water colours on paper and sculptures in different materials - Centro Cultural São Lourenço in Alcanil - Open daily from 10h00 to 19h00 - T. 289 395 475 - www.centroculturalasaolourenco.com

November 29 - Organ Festival - Organ Concert by Rui Paiva and String Quartet at 21h30 - Carmo Church in Faro - www.cm-faro.pt

Until November 30 - Ballet Nacional de España (Spain National Ballet) - Grand Auditorium of Centro Cultural de Belém in Lisbon.

Until November 30 - Aljezur Sweet Potato Festival - Fair Pavilion - T. 282 990 010

Until November 30 - Circus Art at Du Arte Lounge of Casino Estoril (near Lisbon) - Free entrance - 214 667 700

November 30 - St. Andrew's Society (East Algarve) - Annual Dinner/Dance at Cantinho do Carlos, Brancanes - 19h30 - Tickets: €30. T. 915547621 or 914070389.

December 1 & 8 - Dec 1: Concert by De La Soul + Set DJ King Britt - Dec 8: Concert by Cooligação - Arena Lounge of Casino Lisboa at the Park of Nations - 22h30 - For tickets see information below.

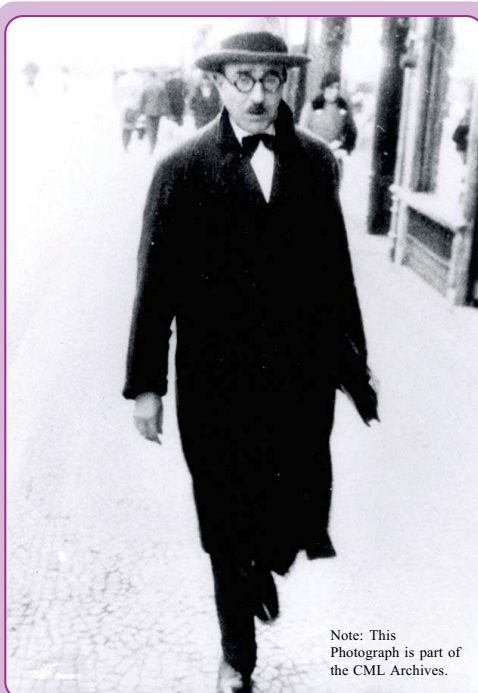
December 10 - Concert Gogol Bordello - Campo Pequeno Bullfight Ring - Lisbon - 217 820 575.

Until December 13 - Ballet choreographed by Armando Jorge according to Petipa / Ivanov, music from Tchaikovsky - The Nutcracker Ballet is based on the story 'The Nutcracker and the King of Mice' written by E.T.A. Hoffman - Teatro Nacional de S. Carlos in Lisbon - 22h00 - Tickets: €10 to €45 - For tickets see information below.

December 13 - The Musical group 'Cool Hipnoise' in concert at Batalha Theatre in Oporto - 22h00 - Tickets: €15 - T. 707 234 234 - information below

December 19 - Concert by the Rock music group Mão Morta in Cine Teatro João Mota in Sesimbra at 22h00 - www.mao-morta.org

February 6 & 7 - Giselle - Coliseu dos Recreios - Lisbon - 21h30 - Tickets: €20-€35 - 213 240 580.



Note: This Photograph is part of the CML Archives.

Until December 27 - The life and work of Fernando Pessoa on exhibition in the art gallery of Convent Espírito Santo in Loulé - In a collaboration with the 'Casa de Fernando Pessoa', the Júlio Pomar Foundation and the São Lourenço Cultural Centre (through the participation of the artists José Guimarães and António Costa Pinheiro), the gallery dedicates entirely to the life and work of Fernando Pessoa - 'Pessoa Intemporal'. - Fernando Pessoa is considered one of the greatest poets of the Portuguese language - The literary critic Harold Bloom considered him, along with Pablo Neruda, the most representative poet of the 20th century. The enigmatic figure which he became has been throughout the years the centre of studies about his life and work. Fernando Pessoa died at the age of 47 in Lisbon, the same city where he was born in 1888. - Mon-Fri: 9h-17h30; Sat: 10h-15h - T. 289 400 600

GASTRONOMY

November 29 & 30 - Feira do Cogumelo e do Medronho (Medronho and Mushroom Fair) - 11h00 to 22h00 - S. Barnabé (Almodôvar).

November 29 to December 5 - Game Gastronomic Week - 'Semana Gastronómica da Caça' - Restaurants in Aljustrel, Almodôvar, Barrancos, Beja, Castro Verde, Mértola, Odemira, Ourique and Serpa.

FAIRS

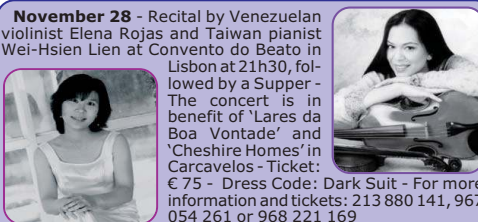
St. Vincent's Anglican Church Christmas Fayres - **November 29**: 10h30-15h30 at Oceans Club in Praia da Luz - **December 6**: 10h-13h at Alcanil Community Centre (ASCA) - Alcanil

December 6 & 7 - Christmas Fair - 10h to 19h - Arts & Crafts and Bagaço (firewater)

WINE AND ART

Quinta dos Vales - Sculpture Garden and a lot more where you find quality of wine and art - Open for visitors and art - Art sales on Monday, Wednesdays and Saturdays from 14h00 to 18h00 or by appointment - All information on www.quintadosvales.eu

CONCERTS, BALLET CLASSIC & CONTEMPORARY, SHOWS, FESTIVALS, THEATRE, PARTIES



November 28 - Recital by Venezuelan violinist Elena Rojas and Taiwan pianist Wei-Hsien Lien at Convento do Beato in Lisbon at 21h30, followed by a Supper - The concert is in benefit of 'Lares da Boa Vontade' and 'Cheshire Homes' in Carcavelos - Ticket: € 75 - Dress Code: Dark Suit - For more information and tickets: 213 880 141, 967 054 261 or 968 221 169



December 5, 6, 12 & 13 - 'Festival One Man Band' by the legendary Tiger Man, Becky Lee, Bob Log III, Son of Dave, Slimmy and Dj Ride in concert at 23h00 at Centro Cultural Vila Flor - Ticket: € 5 (each concert) - The Cultural Centre Vila Flor is situated on Av. D. Afonso Henriques, 701 - Guimarães - 21h00 - T. 253 424 700 - www.ccvf.pt

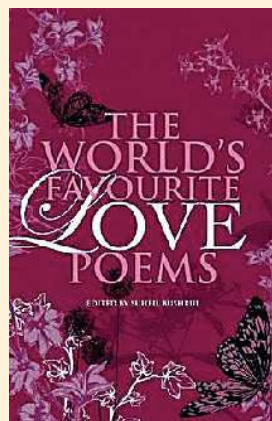
BOOK REVIEW

The World's Favourite Love Poems
ED. S. Bushrui

This groundbreaking anthology is an unusually varied and moving collection of the best love poetry ever written. From Russia to Egypt, India to Germany, this volume includes 120 works from some of the foremost writers in history, including Goethe, Dante, Ibn Arabi, and Rumi, as well as poetry from indigenous peoples from Africa, Australia, and the Americas.

Perfect for any lover of verse, or as a unique gift for someone special, this attractive hardback is destined to become a popular Christmas gift this year.

Available from Magna Carta Bookshop. See contact details below. Price: 14€



Magna Carta

Tel / Fax: 282 496 001
E-mail: info@magnacartabookshop.com
Quinta da Praia, Lote 4 - Loja 10, 8500 Alvor

December 5 to January 15 - Exhibition 'Enquad'art' by Cruzes at Loja/Galeria BondiBlue - Just returned to Lagos after eight years in Lisbon to present his works - Visit this exhibition and discover what goes well with everything.



December 6 to January 31 - Photograph Exhibition 'Luanda, 34 years later' by M. Margarida Pereira-Müller at Forte São João das Maías, waterfront avenue, in Santo Amaro de Oeiras near Lisbon.



December 7 - Clubes Rotários do Algarve invites you to Christmas Festivities with a programme for all ages at Portimão Museum at 11h - At 13h lunch at Monte das Alagoas Restaurant (between Portimão and Alvor) - For reservations and information, call Bernd Schluender on 966 584 328.



December 7 - The Orquestra do Algarve in concert at the Matrix Church in Vila do Bispo at 21h30.

December 8 - The Orquestra do Algarve will perform in commemoration of 'Imaculada Conceição' at Albufeira Matrix Church at 21h30.

Both concerts will be conducted by Cesário Costa - For more information: www.orquestradoalgarve.com



ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
27 NOV-3 DEC

1 High School Musical 3
Zac Efron, Vanessa Hudgens
(12.00 Sat & Sun) 14.30
Bangkok Dangerous
Nicolas Cage, James With
17.10-19.30-22.00 (00.20 Fri & Sat)



2 Space Chimps
Animation
(10.10-12.10 Sat & Sun)
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
14.10-16.35-19.15-21.40 (00.05 Fri & Sat)

3 Body of Lies
Leonardo DiCaprio, Russell Crowe
(12.25 Sat & Sun) 15.15-18.10-21.00 (23.55 Fri & Sat)

4 Mama's Boy
Jon Heder, Diane Keaton
(12.05 Sat & Sun) 14.20-16.40-19.10-21.30 (23.50 Fri & Sat)

5 Madagascar: Escape 2 Africa
Animation PV
(10.25-12.30 Sat & Sun) 14.40-16.50-19.00-21.10

Death Race
Jason Statham, Tyrese Gibson
(23.30 Fri & Sat)

6 Madagascar: Escape 2 Africa
Animation OV
(11.00 Sat & Sun) 13.10-15.20-17.30-19.40-21.50 (00.00 Fri & Sat)

7 Blindness
Julianne Moore, Mark Ruffalo
13.20-16.00-18.40-21.20 (00.10 Fri & Sat)

8 WALL-E
Animation PV
(10.20-12.40 Sat & Sun)
Nights in Rodanthe
Richard Gere, Diane Lane
15.05-17.25-19.50-22.10

Saw V
Tobin Bell, Costas Mandylor
(00.30 Fri & Sat)

9 Arte de Roubar
Enrique Arce, Ivo Canelas
(12.35 Sat & Sun) 14.55-17.15-19.35

Righteous Kill
Robert DeNiro, Al Pacino
21.55 (00.15 Fri & Sat)

LUSOMUNDO
VILAMOURA
TEL: 289 302 277
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
15.30-18.30-21.30

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
27 NOV-3 DEC

1 Madagascar: Escape 2 Africa
Animation PV
13.05-15.15-17.25-19.35-21.45 (00.10 Fri & Sat)



2 Madagascar: Escape 2 Africa
Animation PV
13.05-15.15-17.25-19.35-21.45 (00.10 Fri & Sat)

3 Arte de Roubar
Enrique Arce, Ivo Canelas
13.20

Righteous Kill
Robert DeNiro, Al Pacino
16.05-19.00-21.15 (23.40 Fri & Sat)

4 Blindness
Julianne Moore, Mark Ruffalo
13.15-16.00-18.35-21.10 (23.45 Fri & Sat)

5 Mamma Mia!
Meryl Streep, Colin Firth
13.10-15.50-18.20

Death Race
Jason Statham, Tyrese Gibson
21.00 (23.30 Fri & Sat)

6 007: Quantum of Solace
Daniel Craig, Olga Kurylenko
13.30-16.10-18.40-21.25 (23.50 Fri & Sat)

7 Bangkok Dangerous
Nicolas Cage, James With
13.50-16.30-19.10-21.50 (00.20 Fri & Sat)

8 Nights in Rodanthe
Richard Gere, Diane Lane
13.40-16.20-18.50-21.35 (00.05 Fri & Sat)

9 Body of Lies
Leonardo DiCaprio, Russell Crowe
13.00-15.40-18.30-21.20 (00.00 Fri & Sat)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
27 NOV-3 DEC



1 Madagascar: Escape 2 Africa
Animation PV
13.40-15.40-17.45-19.50-21.50 (23.50 Fri & Sat)

2 Madagascar: Escape 2 Africa
Animation PV
13.40-15.40-17.45-19.50-21.50 (23.50 Fri & Sat)

3 007: Quantum of Solace
Daniel Craig, Olga Kurylenko
13.50-16.20-18.40-21.10 (23.40 Fri & Sat)

4 Body of Lies
Leonardo DiCaprio, Russell Crowe
13.30-16.05-18.45-21.20 (00.10 Fri & Sat)

5 Entre les Murs
François Bégaudeau
13.35-16.10-18.50-21.30 (00.05 Fri & Sat)

6 Righteous Kill
Robert DeNiro, Al Pacino
14.00-16.30-19.00-21.40 (00.20 Fri & Sat)

CENTRE

LUSOMUNDO
ALFAS DUPLIX (ÉVORA)
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27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
Tobin Bell, Costas Mandylor

LUSOMUNDO
ALMADA FORUM
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27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV & OV
Nights in Rodanthe
Richard Gere, Diane Lane

Bangkok Dangerous
Nicolas Cage, James With

Body of Lies
Leonardo DiCaprio, Russell Crowe

Righteous Kill
Robert DeNiro, Al Pacino

Blindness
Julianne Moore, Mark Ruffalo

High School Musical 3
Zac Efron, Vanessa Hudgens
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Entre les Murs
François Bégaudeau
Death Race
Jason Statham, Tyrese Gibson
Saw V
Tobin Bell, Costas Mandylor
Mamma Mia!
Meryl Streep, Colin Firth

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ALVALÁXIA
TEL: 21 754 9000
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
Nights in Rodanthe
Richard Gere, Diane Lane

Bangkok Dangerous
Nicolas Cage, James With

Body of Lies
Leonardo DiCaprio, Russell Crowe

Brideshead Revisited
Emma Thompson, Michael Gambon

Blindness
Julianne Moore, Mark Ruffalo

Saw V
Tobin Bell, Costas Mandylor
007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Burn After Reading
George Clooney, Brad Pitt

High School Musical 3
Zac Efron, Vanessa Hudgens
Taken
Liam Neeson, Maggie Grace

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Madagascar: Escape 2 Africa
Animation PV

Body of Lies
Leonardo DiCaprio, Russell Crowe

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

High School Musical 3
Zac Efron, Vanessa Hudgens

Entre les Murs
François Bégaudeau

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Madagascar: Escape 2 Africa
Animation PV
Nights in Rodanthe
Richard Gere, Diane Lane

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Righteous Kill
Robert DeNiro, Al Pacino

Blindness
Julianne Moore, Mark Ruffalo

Body of Lies
Leonardo DiCaprio, Russell Crowe

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27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV & OV
Nights in Rodanthe
Richard Gere, Diane Lane

Bangkok Dangerous
Nicolas Cage, James With

Body of Lies
Leonardo DiCaprio, Russell Crowe

OV = Original Version
PV = Portuguese Version

Mama's Boy
Jon Heder, Diane Keaton
Mamma Mia!
Meryl Streep, Colin Firth
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Righteous Kill
Robert DeNiro, Al Pacino

LUSOMUNDO
DOLCE VITA MIRAFLORES
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Madagascar: Escape 2 Africa
Animation PV

Mamma Mia!
Meryl Streep, Colin Firth

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

High School Musical 3
Zac Efron, Vanessa Hudgens

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27 NOV-3 DEC



Madagascar: Escape 2 Africa
Animation PV & OV

Nights in Rodanthe
Richard Gere, Diane Lane

Bangkok Dangerous
Nicolas Cage, James With

Body of Lies
Leonardo DiCaprio, Russell Crowe

The Wackness
Josh Peck, Ben Kingsley

Blindness
Julianne Moore, Mark Ruffalo

Righteous Kill
Robert DeNiro, Al Pacino

Brideshead Revisited
Emma Thompson, Michael Gambon

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Arte de Roubar
Enrique Arce, Ivo Canelas

Saw V
Tobin Bell, Costas Mandylor

Taken
Liam Neeson, Maggie Grace

Entre les Murs
François Bégaudeau

Mamma Mia!
Meryl Streep, Colin Firth

Gomorra
Toni Servillo, Gianfelice Imparato

Burn After Reading
George Clooney, Brad Pitt

LUSOMUNDO
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27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV

Nights in Rodanthe
Richard Gere, Diane Lane

Body of Lies
Leonardo DiCaprio, Russell Crowe

Righteous Kill
Robert DeNiro, Al Pacino

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Arte de Roubar
Enrique Arce, Ivo Canelas

Saw V
Tobin Bell, Costas Mandylor
High School Musical 3
Zac Efron, Vanessa Hudgens
Death Race
Jason Statham, Tyrese Gibson
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Burn After Reading
George Clooney, Brad Pitt
Mamma Mia!
Meryl Streep, Colin Firth

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Madagascar: Escape 2 Africa
Animation PV

Bangkok Dangerous
Nicolas Cage, James With

Body of Lies
Leonardo DiCaprio, Russell Crowe

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

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Robert DeNiro, Al Pacino

High School Musical 3
Zac Efron, Vanessa Hudgens

Mamma Mia!
Meryl Streep, Colin Firth

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Madagascar: Escape 2 Africa
Animation PV & OV

Nights in Rodanthe
Richard Gere, Diane Lane

Body of Lies
Leonardo DiCaprio, Russell Crowe

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

High School Musical 3
Zac Efron, Vanessa Hudgens

Burn After Reading
George Clooney, Brad Pitt

Brideshead Revisited
Emma Thompson, Michael Gambon

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Madagascar: Escape 2 Africa
Animation PV

Taken
Liam Neeson, Maggie Grace

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Death Race
Jason Statham, Tyrese Gibson

High School Musical 3
Zac Efron, Vanessa Hudgens

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27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV

Nights in Rodanthe
Richard Gere, Diane Lane

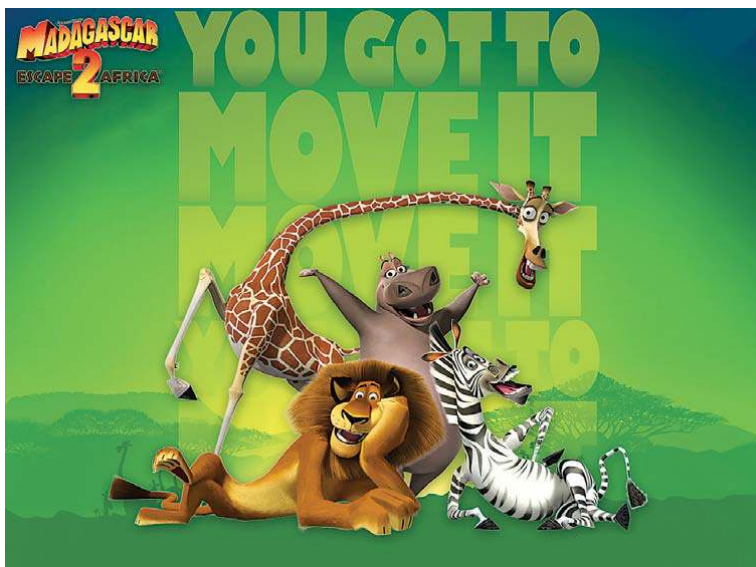
Body of Lies
Leonardo DiCaprio, Russell Crowe

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

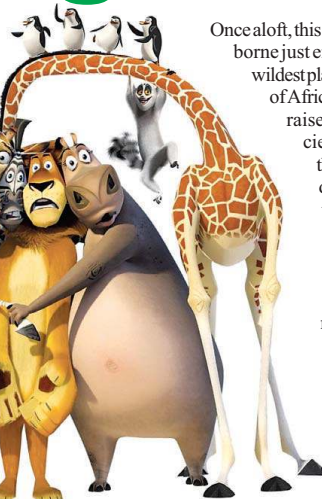
Blindness
Julianne Moore, Mark Ruffalo

OV = Original Version
PV = Portuguese Version

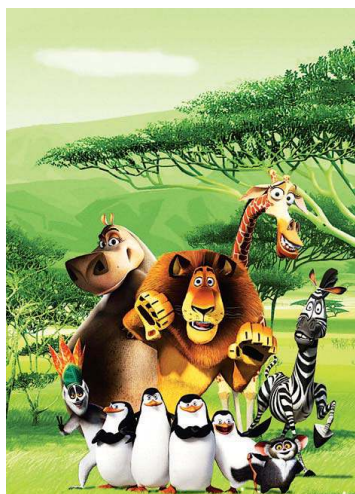
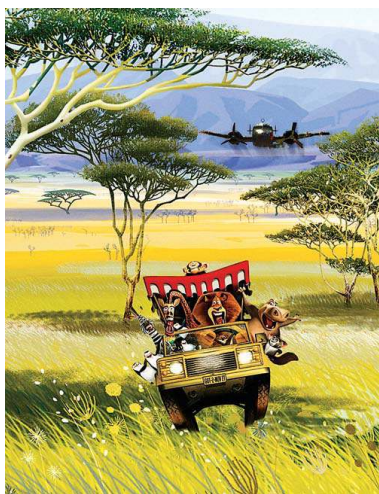
Mamma Mia!
Meryl Streep, Colin Firth



In the highly-anticipated sequel to *Madagascar*, all the loveable characters are back - Alex the lion, Marty the zebra, Melman the giraffe and Gloria the hippo, King Julien, Maurice and the penguins - in *Madagascar: Escape 2 Africa*. Left marooned on the distant shores of Madagascar, the New Yorkers have hatched a plan so crazy it just might work. With military precision, the penguins have repaired an old crashed plane - sort of.



Once aloft, this unlikely crew stays airborne just enough to make it to the wildest place of all - the vast plains of Africa itself - where our zoo-raised crew encounter species of their own kind for the very first time. While discovering their roots, they quickly realize the difference between the concrete jungle and the heart of Africa. Despite long-lost relatives, romantic rivals and scheming hunters, Africa seems like a "crack-a-lackin'" great place... but is it better than their Central Park home?



RICHARD GERE DIANE LANE
NIGHTS IN RODANTHE
IT'S NEVER TOO LATE FOR A SECOND CHANCE

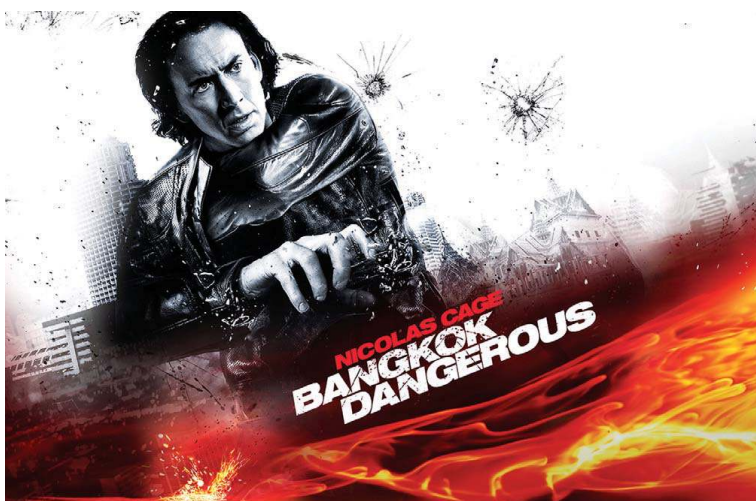
In the romantic drama *Nights in Rodanthe*, based on the Nicholas Sparks best-selling novel, Diane Lane stars as Adrienne Willis, a woman with her life in chaos, who retreats to the tiny coastal town of Rodanthe, in the Outer Banks of North Carolina, to tend to a friend's inn for the weekend. Here she hopes to find the tranquility she so desperately needs to rethink the conflicts surrounding her—a wayward husband who has asked to come home, and a teenage daughter who resents her every decision.

Almost as soon as Adrienne gets to Rodanthe, a major storm is forecast and Dr.



Paul Flanner (Richard Gere) arrives. The only guest at the inn, Flanner is not on a weekend escape but rather is there to face his own crisis of conscience. Now, with the storm closing

in, the two turn to each other for comfort and, in one magical weekend, set in motion a life-changing romance that will resonate throughout the rest of their lives.



Based on the Pang Brothers' wildly popular Hong Kong action film of the same name *Bangkok Dangerous*. The life of an anonymous assassin takes an unexpected turn when he travels to Thailand to complete a series of contract killings. Joe (Nicolas Cage), a remorseless hitman, is in Bangkok to execute four enemies of a ruthless crime boss named Surat. He hires Kong (Shahkrit Yamnarm), a street punk and pickpocket, to run errands for him with the intention of covering his tracks by killing him at the end of the assignment. Strangely, Joe, the ultimate lone wolf, instead finds himself mentoring the young man while simultaneously being drawn into a tentative romance with a local shop girl. As he falls further under the sway of Bangkok's intoxicating beauty, Joe begins to question his isolated existence and let down his guard... just as Surat decides it's time to clean house.

Directors Oxide Pang and Danny Pang (*The Eye*) paint an explosive picture of the Bangkok underworld, illuminated with neon and saturated in violence.



In *City of Men*, producer Fernando Meirelles (*The Constant Gardener*) returns to the Brazilian favelas of his Academy Award-nominated film, *City of God*. Growing up in a culture dictated by violence and run by street gangs, teenagers Acerola (Douglas Silva) and Laranjinha (Darlan Cunha) have become close as brothers. With their eighteenth birthdays fast approaching, Laranjinha sets out to find the father he never met, while Acerola struggles to raise his own young son. But when they suddenly find themselves on opposite sides of a gang war, the lifelong friends are forced to confront a shocking secret from their shared past.



CELEB NEWS

Vampire movie *Twilight* has already begun breaking box office records - it has scored the most successful opening weekend ever for a female director. The dark fantasy romance, starring **Robert Pattinson**, claimed the top spot at the U.S. box office after grossing \$69.6 million in its debut weekend. And the massive ticket sales have catapulted director **Catherine Hardwicke** into the history books. *Twilight* easily broke the previous target set by a female-directed film - **Mimi Leder's** *Deep Impact*, which took \$41.1 million during its opening weekend in 1998. Hardwicke - who previously co-wrote and directed 2003 movie *Thirteen* - is already in talks to film a sequel to *Twilight*, which is based on a series of novels by **Stephenie Meyer**. «»» Aussie moviemaker **Baz Luhrmann** is urging America's President-elect **Barack Obama** to thank his lucky stars he wasn't born Down Under - because he would never have got the chance to become a world leader. The *Moulin Rouge!* director is using Obama's historic election victory and his new movie *Australia* to raise awareness about his homeland's shameful past, during which mixed race children were removed from their families and raised to be servants to white industry leaders and politicians. And Luhrmann is keen to remind the world that he's not talking about something that was outlawed hundreds of years ago - the practice of separating half-Aboriginal, half-white children from their families was still common in the early 1970s. Luhrmann says, "To give context, the President-elect of the United States is 47. If he was living in Australia, it is absolutely credible that the government, because he had one white parent and one black parent, could have taken him forcibly from his family. They would have put him in an institution, probably lied to him that his parents were dead, changed his name and reprogrammed him to be European, so he could have some sort of function doing something of service in white society. That would possibly have been Obama's journey". «»» British actor **Rob Pattinson** has confirmed there will be a sequel to vampire love story *Twilight* - and he will star in the epic. The movie adaptation of **Stephenie Meyer's** cult book became an overnight sensation and took in \$7 million from midnight screenings, in the U.S., the night before the opening day. And producers want to capitalise on the success, by turning Meyer's second book of the *Twilight* series, *New Moon*, into a sequel. In an email to fans, Pattinson and co-star **Kristen Stewart** thank fans for backing the movie. They write: "To all of our wonderful, loyal and fantastic fans - Thank you from the entire cast + crew for your amazing support of *Twilight*. You've blown away all of our expectations, and we feel so honoured to have made a film that means as much to you as it does to us. Without your passion, interaction and support, this film would not be where it is today - the #1 movie in America! From every city, every stop, every interview we have done, you've made this an unbelievable, nearly surreal experience, and so cool that we were all in this together. We just heard from Summit that we'll be moving forward on *New Moon*. We look forward to sharing this next chapter with you! Kristen + Rob". «»» Director **Ron Howard** defied a ban by the Catholic Church to shoot scenes for new movie *Angels & Demons* within the holy Vatican City. After the controversy surrounding Howard's 2006 adaptation of **Dan Brown** novel *The Da Vinci Code* - which angered Catholic heads - Howard was banned from using holy buildings to shoot the soon-to-be-released prequel. He says, "We just weren't allowed anywhere near them". But, during an interview on U.S. TV show *Shootout*, Howard hints he found a loophole to sneak into the city: "We didn't shoot at the Vatican... officially. But cameras can be made really small". «»» **George Clooney** and **Jennifer Lopez's** steamy thriller *Out Of Sight* has topped a new list of the Sexiest Movies Ever. The 1998 film beat out **Cary Grant** classic *His Girl Friday* and **Mr. + Mrs. Smith**, which starred power couple **Brad Pitt** and **Angelina Jolie**, to claim the top spot on the new countdown, published by America's *Entertainment Weekly*. Also making the top 10 are sports movie *Bull Durham*, which features another real-life couple, **Susan Sarandon** and **Tim Robbins**, 70s classic *Don't Look Now* and cult indie film *Before Sunset*. The top 10 is: 1. *Out of Sight* 2. *His Girl Friday* 3. *Mr. + Mrs. Smith* 4. *Body Heat* 5. *Bull Durham* 6. *Don't Look Now* 7. *Y Tu Mama Tambien* 8. *The Last of the Mohicans* 9. *A Walk on the Moon* 10. *Before Sunset*. «»»

NORTH

UCI CINEMAS
ARRÁBIDA SHOPPING
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Madagascar: Escape 2 Africa
Animation PV & OV
Nights in Rodanthe
Richard Gere, Diane Lane
Bangkok Dangerous
Nicolas Cage, James With
Body of Lies
Leonardo DiCaprio, Russell Crowe
The Wackness
Josh Peck, Ben Kingsley
Mama's Boy
Jon Heder, Diane Keaton
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Saw V
Tobin Bell, Costas Mandylor
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Mamma Mia!
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Entre les Murs
François Bégaudeau
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Paris
Juliette Binoche, Romain Duris
Bienvenue Chez Les Ch'tis
Kad Merad, Dany Boon
Righteous Kill
Robert DeNiro, Al Pacino

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27 NOV-3 DEC

Madagascar: Escape 2 Africa
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Daniel Craig, Olga Kurylenko
Saw V
Tobin Bell, Costas Mandylor

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Madagascar: Escape 2 Africa
Animation PV & OV

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George Clooney, Brad Pitt
Entre les Murs
François Bégaudeau

LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
Bangkok Dangerous
Nicolas Cage, James With
Arte de Roubar
Enrique Arce, Ivo Canelas
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Saw V
Tobin Bell, Costas Mandylor

LUSOMUNDO
FOZ PLAZA
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
Bangkok Dangerous
Nicolas Cage, James With
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Taken
Liam Neeson, Maggie Grace
High School Musical 3
Zac Efron, Vanessa Hudgens

LUSOMUNDO
FERRARA PLAZA
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
High School Musical 3
Zac Efron, Vanessa Hudgens
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Burn After Reading
George Clooney, Brad Pitt
Taken
Liam Neeson, Maggie Grace

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
Bangkok Dangerous
Nicolas Cage, James With
Body of Lies
Leonardo DiCaprio, Russell Crowe
Righteous Kill
Robert DeNiro, Al Pacino
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Untraceable
Diane Lane, Billy Burke

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
Bangkok Dangerous
Nicolas Cage, James With
High School Musical 3
Zac Efron, Vanessa Hudgens
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Mamma Mia!
Meryl Streep, Colin Firth

Blindness
Julianne Moore, Mark Ruffalo

LUSOMUNDO
PALÁCIO DO GELO
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
Body of Lies
Leonardo DiCaprio, Russell Crowe
Righteous Kill
Robert DeNiro, Al Pacino
Death Race
Jason Statham, Tyrese Gibson
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Brideshead Revisited
Emma Thompson, Michael Gambon

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
High School Musical 3
Zac Efron, Vanessa Hudgens
Saw V
Tobin Bell, Costas Mandylor

LUSOMUNDO
BRAGA PARQUE
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
Nights in Rodanthe
Richard Gere, Diane Lane
Body of Lies
Leonardo DiCaprio, Russell Crowe
Entre les Murs
François Bégaudeau
Blindness
Julianne Moore, Mark Ruffalo
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Saw V
Tobin Bell, Costas Mandylor
Death Race
Jason Statham, Tyrese Gibson

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
Nights in Rodanthe
Richard Gere, Diane Lane
Body of Lies
Leonardo DiCaprio, Russell Crowe
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Mamma Mia!
Meryl Streep, Colin Firth
Brideshead Revisited
Emma Thompson, Michael Gambon
High School Musical 3
Zac Efron, Vanessa Hudgens

LUSOMUNDO
MAIA SHOPPING
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27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
High School Musical 3
Zac Efron, Vanessa Hudgens



007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Mamma Mia!
Meryl Streep, Colin Firth

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV & OV
Nights in Rodanthe
Richard Gere, Diane Lane
Body of Lies
Leonardo DiCaprio, Russell Crowe
Mama's Boy
Jon Heder, Diane Keaton
Blindness
Julianne Moore, Mark Ruffalo
007: Quantum of Solace
Daniel Craig, Olga Kurylenko

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV & OV
Bangkok Dangerous
Nicolas Cage, James With
Body of Lies
Leonardo DiCaprio, Russell Crowe
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
High School Musical 3
Zac Efron, Vanessa Hudgens
Righteous Kill
Robert DeNiro, Al Pacino
Mr. Woodcock
Seann William Scott, Susan Sarandon

LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation PV
Bangkok Dangerous
Nicolas Cage, James With
Body of Lies
Leonardo DiCaprio, Russell Crowe
Saw V
Tobin Bell, Costas Mandylor
Blindness
Julianne Moore, Mark Ruffalo
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
High School Musical 3
Zac Efron, Vanessa Hudgens
Mamma Mia!
Meryl Streep, Colin Firth
Death Race
Jason Statham, Tyrese Gibson
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Arte de Roubar
Enrique Arce, Ivo Canelas

LUSOMUNDO
MAR SHOPPING
TEL: 707 246362
27 NOV-3 DEC

Madagascar: Escape 2 Africa
Animation
Nights in Rodanthe
Richard Gere, Diane Lane
Body of Lies
Leonardo DiCaprio, Russell Crowe
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
High School Musical 3
Zac Efron, Vanessa Hudgens
Entre les Murs
François Bégaudeau
Mamma Mia!
Meryl Streep, Colin Firth

■ OV = Original Version
■ PV = Portuguese
■ Version

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SAT

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Indian Food Made Easy. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Live At Bowls. The International Open. Continues on BBC Two at 4.30pm. (T) 2.15 Live International Rugby Union. Wales v Australia (Kick-off 2.30pm). (T) 4.30 Final Score. (T)

5.15 BBC News; Regional News; Weather. (T)

5.35 Hole in the Wall. Vanessa Feltz and Vic Reeves join team captains Anton Du Beke and Darren Gough for the entertainment show. Presented by Dale Winton. (R) (T)

6.05 Strictly Come Dancing. With the final in sight, the remaining five couples battle it out on the dancefloor to keep their places in the competition. The results show is tomorrow at 8.15pm. (T)

7.35 Merlin. After Arthur kills a unicorn while hunting, Camelot's crops are destroyed and its water supply runs dry. The prince refuses to believe he could be responsible for any curse, but is warned by the animal's keeper that he must make amends or the kingdom will face ruin. Frank Finkley guest stars. (T)

8.20 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)

8.30 Casualty. Adam experiences flashbacks to his childhood when he attends a car crash which has left two boys trapped. Jordan takes his frustrations out on Ruth, who lets Toby know what she witnessed the night before. Big Mac becomes the butt of Jay and Kelsey's jokes. With Dudley Sutton and Mark Eden. (T)

9.20 Outnumbered. Mum and Dad ban TV and computers for one whole Sunday, freeing up quality time for family games such as hide-and-seek and Pictionary. Meanwhile, Ben's headmaster seems strangely keen for him to take a few days off school, and Grandad comes to stay. Partly improvised comedy, starring Hugh Dennis and Claire Skinner. (T)

9.50 BBC News; Weather; (T) National Lottery Update. (T)

10.10 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes. Middleburgh hosted Newcastle United in the Tees-Tyne derby at the Riverside Stadium; last season's corresponding fixture saw the sides share the spoils in an entertaining 2-2 draw. Elsewhere, Aston Villa entertained Fulham at Villa Park and Hull City visited the Britannia Stadium for a clash with fellow top-flight newcomers Stoke City. (T)

11.20 FILM: Stargate (1994). Sci-fi adventure, starring Kurt Russell; (T) Weatherwise. (T)

1.15 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: 7.00 Roar; (R) (T) The Owl. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 Sportsround; (T) Bernard. (R) (T) 8.30 Gimme a Break. (R) 9.00 TMI. (T) 10.30 Gina's Laughing Gear; (R) (T) Prank Patrol Pocketsize. (R) (T) 11.00 The Secret Show. (R) (T) 11.15 The Story of Tracy Beaker. (R) (T) 11.45 Eliot Kid. (R) (T) 12.00 BBC Switch: Malcolm in the Middle. (T) 12.20 BBC Switch: Malcolm in the Middle. (T) 12.45 BBC Switch: Mission Beach USA. (T) 1.15 BBC Switch: Sound. (T) 1.45 BBC Switch: The Surgery. (T) 2.05 FILM: Legend (1985). Fantasy, starring Tom Cruise. (T) 3.35 Flag It! (R) (T) 4.30 Live Bowls. The International Open. (T) 5.35 Coast. (R) (T) 6.35 Porridge. (R) (T) 7.05 Stephen Fry in America. The actor explores the states on the Pacific coast. Last in the series. (R) (T) 8.05 After Rome: Holy War and Conquest. First of two programmes examining Christianity's relationship with Islam. (T) 9.05 Have I Got a Bit More News for You. Special extended version, with guest host Al Murray. (R) (T) 9.45 Never Mind the Buzzcocks. Matthew Wright joins regular Phill Jupitus and guest captain Mark Watson for the music quiz hosted by Simon Amstell. (R) (T) 10.15 Hotel California: From the Byrds to the Eagles. (T) 11.45 Guitars Heroes at the BBC. (T) 12.45 FILM: Nashville (1975). Drama, starring Karen Black. (T) 3.20 FILM: Le Chignon d'Olga (2002). Premiere. Drama, starring Hubert Benhamdine. 4.50 Close.

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29 NOV

Pick of the Day

Hole in the Wall (BBC1, 5.35pm)

It may have arrived on our screens with little or no fanfare, but there's no denying that Hole in the Wall has made an impact. That's probably because there's nothing else quite like it on TV. Okay, you could argue that I'm a Celebrity Get Me Out of Here also features famous faces in bizarre situations, but so far, none of them have been asked to wear an outfit seemingly made out of silver foil and a coloured crash helmet before being forced to fit through a bizarre shape cut in a polystyrene wall. Whoever came up with the original format (it's based on a Japanese show, which probably doesn't come as much of a surprise) deserves at least a pat on the back for originality. Harry Hill should be shaking them by the hand too since it returned to our screens a few weeks back, his TV Burp show has featured a clip or two from Hole in the Wall in each edition. Sadly, all good things must come to an end, and unfortunately, the original run finished last week. However, here's a chance to see the second episode all over again. In case you missed it first time round, team captains Darren Gough and Anton du Beke are joined by Vanessa Feltz and Vic Reeves. Dale Winton hosts.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: unsignedAct. (R) (T) 10.00 T4: unsignedAct. (R) (T) 11.05 T4: 4Music Presents: Pussycat Dolls. (T) 11.40 T4: The Hills. (T) 12.10 T4: Reaper. (R) (T) 1.10 T4: 101 Challenges. (T) 2.00 Channel 4 Racing from Newbury, Newcastle and Kempton Park. Including the 2.40 Hennessy Gold Cup Chase (Hcap) (3m 2 1/2). (T) 4.15 How Clean Is Your House? (T) 4.45 FILM: Cheaper By the Dozen (2003). Comedy remake, starring Steve Martin. (T) 6.35 Channel 4 News. (T) 7.05 Animals in the Womb: Dogs. Part two of two. The reproductive secrets of canines, from fertilisation to birth. (T) 8.05 A Time Team Special: The Lost Dock of Liverpool. Tony Robinson and the team dig deep to discover how Liverpool developed into the main port of the British Empire. They find the city's first wet dock, which reveals evidence of the sugar and tobacco trades. (R) (T) 9.05 The Devil's Whore. Angelica finds herself in a desperate situation following the King's betrayal. (R) (T) 10.15 FILM: John Carpenter's Ghosts of Mars (2001). A team of space cops escorts a dangerous criminal to a mining colony on Mars, only to fall foul of a host of Martian warrior spirits. Sci-fi horror, starring Natasha Henstridge. (T) 12.05 4Music: Oasis: Lord Don't Slow Me Down. (R) (T) 1.15 4Music: Oasis: Live from Manchester. (R) (T) 2.50 FILM: Le Divorce (2003). Premiere. Romantic comedy, starring Kate Hudson. 4.45 Fast Spin Film. (R) (T) 4.50 Countdown. (R) (T) 5.35 Cubeez. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Harry and His Bucket Full of Dinosaurs. (T) 7.10 Chiro. (T) 7.15 Milkshake! Music Box. (R) (T) 7.25 Roobarb and Custard Too. (R) (T) 7.30 Hana's Helpline. (R) (T) 7.45 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.00 Little Princess. (R) (T) 8.15 Franny's Feet. (R) (T) 8.30 The Beeps. (R) (T) 8.50 The Mr Men Show. (R) (T) 9.05 Rupert Bear. (R) (T) 9.20 The Milkshake! Show. (R) (T) 9.50 Mio Mao. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 World's Strongest Man Super Series. (R) (T) 12.00 Super Tornado: Perfect Disaster. (R) (T) 1.00 Zoo Days. (R) (T) 1.20 FILM: Jane Doe: Til Death Do Us Part (2005). Thriller, starring Lea Thompson. (T) 3.00 FILM: Popeye (1980). Comic-strip musical, starring Robin Williams. (T) 4.50 FILM: The Odessa File (1974). Espionage thriller, starring Jon Voight. (T) 7.05 Five News and Sport. (T) 7.25 NCIS. The team exhumes the body of a Marine. (R) (T) 8.20 NCIS. A woman is buried alive, but manages to escape - and points the way to a sabotage plot involving a bomb on a Navy ship. Sheryl Fenn guest stars. (R) (T) 9.20 CSI: NY. Hawkes is accused of murder in a bar-room brawl, and seemingly irrefutable evidence is produced against him - but Mac and the team suspect he is being framed. Gary Sinise stars. (R) (T) 10.20 Law & Order: Criminal Intent. (R) (T) 11.00 FBI Files. (T) 12.20 Quiz Call. 4.15 Wildlife SOS. (R) (T) 4.40 Lemur Island. (R) (T) 5.20 Lemur Island. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Captain Mack. (R) (T) 9.40 Emu. (T) 9.55 My Parents Are Aliens. (R) (T) 10.25 My Life As a Popat. (T) 10.55 Bernard. (R) (T) 11.10 Coronation Street. (T) 1.50 ITV News and Weather. (T) 1.55 London Today: Weather. (T) 2.00 FILM: Gambit (1966). Crime caper, starring Michael Caine and Shirley MacLaine. (T) 4.05 Midsomer Murders. (R) (T)

6.05 London Tonight: Weather. (T)

6.20 ITV News and Weather. (T)

6.35 New You've Been Framed! Including an underwater dog, elderly party-goers and a toad that glows in the dark. Narrated by Harry Hill. (T)

7.05 Harry Hill's TV Burp. The comedian takes a surreal look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows, documentaries and other assorted oddities to his unique brand of scrutiny. (T)

7.35 The X Factor. The pressure doubles for the five remaining acts as they now sing two songs, both American classics, in the hope of winning a place in next week's semi-final. The judges will also have their say but no longer have the power to save acts as from now on the decision rests entirely with the voting public. Also taking to the stage is Billy-Ray's daughter Mickey Cyrus, star of hit USTV show Hannah Montana. The results can be seen at 10.15pm. (T)

9.15 I'm a Celebrity Get Me Out of Here! Ant and Dec present the survival challenge, as the famous faces receive a surprise that reminds them they cannot take anything for granted when living in the Australian jungle. (T)

10.15 The X Factor - The Result. Comeback queen Britney Spears performs live before the acts find out who is going through to the semi-final. There is no final showdown and no possible reprieve from mentors Cheryl Cole, Simon Cowell, Louis Walsh and Dannii Minogue as the decision on who goes home is now based purely on the public vote. (T)

10.45 ITV News and Weather: Weather. (T)

11.00 FA Cup Football Highlights. Action from this afternoon's second-round matches, which included Scunthorpe United v Alfreton Town at Glanford Park, Kidderminster Harriers v Curzon Ashton at Aggborough and Bradford City v Leyton Orient at Valley Parade. Presented by Matt Smith, with commentary from Clive Tyldesley, Jon Champion and Peter Brackley. (T)

12.35 Nightwatch with Steve Scott: Crime. (R) (T) 1.30 Heist; (R) (T) ITV News Headlines. 2.15 FILM: Quatermass and the Pit (1967). Sci-fi horror, starring Andrew Keir. (T) 3.55 ITV Nightscreen.

LOCAL

RTPI
0630 Children TV 0645 Brinca Comigo
0800 Bom Dia Portugal 11.00 Mudar de Vida 11.30 Portugal sem Fronteiras
1230 Contra Informação 1300 News
1415 Top + 1545 Smallville, series 1630 Chuck, series 1745 A Minha Geração 1915 Vila Faia 2000 News
2100 A Voz do Cidadão 2115 Liberdade 2230 Portugueses nas Trincheiras 2330 Football Reviews
0000 Os Contemporâneos 0045 The Film, series 0300 Victor/Victoria, film 0500 Top + 0600 A Hora da Sorte 0615 Profissões Perigosas

RTPO
0700 Euronews 0730 África 7 Dias
0800 News 0830 Bravo 0900 Open University 0945 A Alma e a Gente 1015 Biodiversa 1100 Bastidores 1130 Recantos 1200 Volantário 1230 Percursos da Música Portuguesa 1300 Voz da Saudade 1400 Parlamento 1500 Sports 1900 Volantário 1930 Bravo 2000 Kaboom 2100 Diga Lá Excelência 2145 A Hora da Sorte 2200 News 2240 Belle Toujours, film 0030 Magnolia, film 0230 Sports 0630 Euronews

SIC
0600 Etnias 0645 Sic Kids 0630 Disney Kids 1000 Power Overdrive 1030 Programa da Lucy 1200 Our World: Big Cat Diaries 1300 News 1415 Episódio Especial 1530 Film TBA 1745 Film TBA 2000 News 2130 Não Há Cria 2300 Magic Secrets 0015 CSI: New York, series 0105 Cathouse, reality show 0215 Todot em Linha 0400 Delta Force Four, film

TVI
0700 Children TV 0930 Smackdown - Wrestling 1030 Detective Maravilhas 1115 Deluxe 1215 Antevésio 1300 News 1400 Horse Whisperer, film 1745 Romance Perigoso, film 2000 News 2130 Feitiço de Amor 2300 Caia quem Caia 0030 Bad Santa, film 0230 Sempre a Somar 0400 Até que a Morte nos Separe 0430 The Beast, mini-series 0530 Tele sales

Best of the Rest

BBC3
7.00 International Rugby Union 8.00 The Real Hustle 8.15 Top Gear 9.20 Film: Enemy of the State 15 (1998) 11.25 Family Guy 11.50 Family Guy 12.10 Two Pints of Lager and a Packet of Crisps 12.40 Two Pints of Lager and a Packet of Crisps 1.10 The Things I Haven't Told You 2.05 The Real Hustle 2.35 The Last Millionaire 3.35 Two Pints of Lager and a Packet of Crisps 4.05 Two Pints of Lager and a Packet of Crisps 4.30 Clone 5.00 Close

BBC4
7.00 London to Brighton in Four Minutes 7.05 Crowdie and Cream 8.05 Tess of the D'Urbervilles 9.05 France on a Plate 10.05 Maigret 11.40 Mad Men 12.25 The Hard Sell 12.55 France on a Plate 1.55 Tess of the D'Urbervilles 2.55 The Hard Sell 3.25 France on a Plate 4.25 Close

ITV2
1.20 Nanny 911 2.20 Britannia High 3.20 The Xtra Factor - The Result 4.05 Divas II 5.05 Film: The Mummy Returns 12 (2001) 7.35 Homes from Hell 2008 8.40 The Planet's Funniest Animals 9.15 The Xtra Factor 10.15 No Heroes 10.45 The Xtra Factor - The Result 11.30 I'm a Celebrity Get Me Out of Here Now! 12.30 The X Factor 2.10 The Xtra Factor 3.00 The X Factor - The Result 3.25 The Xtra Factor - The Result 4.00 Entourage 4.30 Smallville 5.15 101 Sexiest Celebrity Bodies

Sky1
1.00 Film: Journey to the Center of the Earth PG (1999) 2.45 Bite Size Brainiac 3.00 Don't Forget the Lyrics 4.00 Don't Forget the Lyrics 5.00 The Simpsons 6.00 Noel's Are You Smarter Than a 10 Year Old? 7.00 UK Border Force 8.00 When Sharks Attack

9.00 Road Wars 10.00 Road Wars 11.00 Street Wars 12.00 Ross Kemp on Gangs 1.00 Prison Break 1.50 The Villa 2.40 Tenerife Uncovered 3.30 Road Wars 4.00 Scare Tactics 4.45 America's Darkest Criminals 5.10 Guilty! **G.O.L.D**
1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 Last of the Summer Wine 3.00 Last of the Summer Wine 3.40 Last of the Summer Wine 4.20 Last of the Summer Wine 5.00 Last of the Summer Wine 6.00 Last of the Summer Wine 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Jonathan Creek 10.25 The Black Adder 11.10 Men Behaving Badly 11.50 Victoria Wood at the Albert Hall 2.10 The New Adventures of Old Christine 2.40 The New Adventures of Old Christine 3.00 Close

TCM
1.00 Captain Nemo and the Underwater City U (1969) 3.00 From the Earth to the Moon U (1998) 4.50 The Ice Pirates PG (1984) 6.35 2001: A Space Odyssey U (1968) 9.00 Coma 15 (1978) 11.10 Demon Seed 15 (1977) 1.00 The Formula 12 (1980) 3.05 The Roaring Twenties U (1939) 5.00 The Secret Garden U (1949)

The Disney Channel
Kids' programmes from 7am, except: 2.00 Film: The Cheetah Girls: Sing-a-long PG (2003) Teen drama, starring Raven-Symone. 4.00 Film: Camp Rock: Rock-a-long PG (2008) Family comedy, starring Demi Lovato. 6.00 Film: High School Musical Sing-Along Version U (2006) Teen comedy drama, starring Zac Efron.

MOVIES

Sky Movies Drama

6.25 A Father's Son PG (1999)
8.10 Baby It's You 15 (1983) 10.00 Candles on Bay Street PG (2006)
11.45 Columbo Goes to College PG (1991) With Peter Falk. 1.30 Ride with the Devil 15 (1999) With Tobey Maguire. 3.50 Body of Lies Special 4.05 In from the Night 12 (2006) With Marcia Gay Harden. 5.45 World Trade Center 12 (2006) With Nicolas Cage. 8.00 Rendition (2007) With Reese Witherspoon. 10.15 A Civil Action 15 (1998) With John Travolta. 12.15 Bobby 15 (2006) With Laurence Fishburne. 2.15 The Doors 18 (1991) With Val Kilmer. 4.45 This is Indie 5.00 Love Letters PG (1999)

Sky Movies Comedy

6.30 Boomerang 15 (1992) 8.30 Dr Dolittle PG (1998) 10.00 35MM 10.30 Trading Places 15 (1983) 12.30 Boomerang 15 (1992) With Eddie Murphy. 2.30 Shrek the Third U (2007) With Mike Myers. 4.05 Alex Zane's Guest List 4.35 The Distinguished Gentleman 15 (1992)

With Eddie Murphy. 6.30 Dr Dolittle PG (1998) With Eddie Murphy. 8.00 Shrek the Third U (2007) With Mike Myers. 9.45 Trading Places 15 (1983) With Dan Aykroyd. 11.45 Eddie Murphy: Raw 18 (1987) No holds-barred stand-up. 1.20 The Distinguished Gentleman 15 (1992) With Eddie Murphy. 3.20 Eddie Murphy: Raw 18 (1987) 4.55 Dr Dolittle PG (1998)

Sky Movies Action/Thriller

6.55 The Librarian: Return to King Solomon's Mines PG (2006) 8.35 Brotherhood 15 (2004) 11.05 Fracture 15 (2007) With Anthony Hopkins. 1.05 The 13th Warrior 15 (1999) With Antonio Banderas. 2.55 Blue Streak 12 (1999) With Martin Lawrence. 4.35 Brotherhood 15 (2004) With Dong-Kun Jang. 7.05 Fracture 15 (2007) With Anthony Hopkins. 9.00 Blue Streak 12 (1999) With Martin Lawrence. 10.40 The 13th Warrior 15 (1999) With Antonio Banderas. 12.40 Death Sentence 18 (2007) With Kevin Bacon. 2.30 The Corruptor 18 (1999) With Chow Yun-Fat. 4.35 The Librarian: Return to King Solomon's Mines PG (2006)

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SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v New Zealand. 7.00 FIFA Futbol Mundial 7.30 Off The Bar 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football League. Wolverhampton Wanderers v Birmingham City (Kick-off 12.30pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Preston North End v Bristol City (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Sky Sports Classics 12.00 Live Test Cricket. Australia v New Zealand.

Sky Sports 2

6.00 Live International Cricket. India v England. 11.30 Live Test Cricket. South Africa v Bangladesh. 2.00 Live International Rugby Union. England v New Zealand (Kick-off 2.30pm). 5.00 International Cricket 7.00 International Rugby Union 9.00 International Cricket 11.00 NFL: Total Access 12.00 Champions League Weekly 12.30 Football First 2.00 Football First 3.30 Football First 5.00 You're on Sky Sports! 5.55 Close

Sky Sports 3

6.00 Live World Cup Golf. Day three at Mission Hills Golf Club. 8.30 Women's Golf 12.30 Golf 3.30 World Sport 4.00 WWE: Smackdown 6.00 WWE: Bottom Line 7.00 Golf Night 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown

1.00 WWE: Late Night - Bottom Line 2.00 Spanish Football 3.30 Live World Cup Golf. Day four at Mission Hills Golf Club.

British Eurosport

7.30 Live Figure Skating. The NHK Trophy. 8.30 Figure Skating 9.15 Ski Jumping 10.00 Live Nordic Combined Skiing. World Cup coverage from Kuusamo, Finland. 10.45 Live Cross-Country Skiing. World Cup coverage from Kuusamo, Finland. 1.45 Live Ski Jumping. The World Cup meeting in Kuusamo, Finland. 3.45 euroCRASH! 4.00 NEC Bike Show 5.00 Live Alpine Skiing. The World Cup meeting in Aspen. 6.00 Ski Jumping 6.30 Live Alpine Skiing. World Cup coverage from Lake Louise. 7.45 Alpine Skiing 8.00 Live Alpine Skiing. World Cup coverage from Aspen. 9.00 NEC Bike Show 10.00 MotoGP 11.30 World Superbikes 1.00 Close

Sky Sports Xtra

6.00 Aerobics Oz Style 6.30 Big League Wrestling 7.30 Tight Lines 8.30 NFL: America's Game 9.30 Friday Night Night 11.30 Ocean Race 12.00 WWE: Smackdown 2.00 WWE: Bottom Line 3.00 Friday Night Night 5.00 NFL: Total Access 6.00 Max Power 7.00 Live Spanish Football. Getafe v Real Madrid (Kick-off 7.00pm). 9.00 Live Spanish Football. Sevilla v Barcelona (Kick-off 9.00pm). 11.00 Max Power 12.00 International Rugby Union 2.00 NFL: Total Access 3.00 NFL: America's Game 4.00 International Rugby Union

Go to Church and discover God's indescribable gift!

SUN

BBC1

6.00 Breakfast. (T) 7.45 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 Christmas Voices. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 EastEnders. (T) 2.55 'Allo 'Allo! (R) (T) 3.20 The Sarah Jane Adventures. (R) (T) 4.15 Merlin. (R) (T)

5.00 Points of View. Jeremy Vine quizzes individuals in charge of the areas that have proved to be hot topics recently. (T)

5.15 Songs of Praise. Sally Magnusson visits Linlithgow in West Lothian. (T)

5.50 BBC News; Regional News; Weather. (T)

6.15 Little Dorrit. Omnibus. Amy is uncomfortable with the family's new-found wealth and only her correspondence with Arthur and growing friendship with Pet boost her spirits. Matthew Macfadyen and Claire Foy star. (T)

7.15 Antiques Roadshow. Fiona Bruce introduces previously unscreened finds from two recently visited locations - Lanhdyrook in Cornwall and Bodnant Garden in North Wales. The treasures coming under scrutiny include a collection of jewellery made for the suffragettes, a rare painting rescued from a skip at Sissinghurst, and a group of photographs recording the Queen's first Christmas broadcast. (T)

8.15 Strictly Come Dancing. Bruce Forsyth and Tess Daly reveal which two couples face the dreaded dance-off. Judges Len Goodman, Arlene Phillips, Craig Revel Horwood and Bruno Tonioli will then decide who to eliminate from the contest. Featuring behind-the-scenes footage from last night's show and performances by the professional dancers. (T)

9.00 Wallander. New series. Drama based on the best-selling books by Henning Mankell, starring Kenneth Branagh as a Swedish detective recently estranged from his wife and struggling to readjust while fighting a rising tide of violence. Inspector Kurt Wallander searches for a link between three apparently motiveless murders, and tries to identify a girl who doused herself in petrol and burned to death. With Sarah Smart and Sadie Shimmin. (T)

10.30 BBC News; Weather. (T)

10.50 Spooks. A teenager holds the key to an assassination plot having witnessed a murder. After being sent to protect him, Lucas discovers the threat comes from inside the British security services. Harry is contacted by a Russian sleeper agent with a file containing information about the traitor in his team, but he is unprepared for the shocking revelations. (R) (T)

11.50 FILM: The Ipcress File (1965). Espionage thriller. Michael Caine stars; (T) Weatherview. (T)

1.35 Sign Zone: Holby City. (R) (T) 2.35 Sign Zone: Survivors. (R) (T) 3.35 Sign Zone: Twigg's Frock Exchange. (R) (T) 4.35 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: 7.00 Roar; (R) (T) Bernard. (R) (T) 8.00 Mona the Vampire. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 Bring It On. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Week-end. (T) 11.30 Rachel's Favourite Food at Home. (R) (T) 12.00 Animal Park. (T) 12.30 International Rugby Union. (T) 1.30 Live Bowls. The International Open. (T) 5.00 Voyages of Discovery. (T) 6.00 Wild China. (R) (T) 7.00 Long Way Down. Ewan McGregor and Charley Boorman take a break in Addis Ababa but there are problems when they restart their journey and are forced to camp in Kenya's bandit country. (R) (T) 8.00 Top Gear. Richard Hammond celebrates the 40th anniversary of the Ferrari Daytona by taking one back to its spiritual home of the Italian Riviera, and Jeremy Clarkson tests the new BMW M3 saloon. (T) 9.00 Louis Theroux: Law and Disorder in Philadelphia. First of two films in which the journalist patrols violent cities. (T) 10.00 Match of the Day 2. Highlights of Chelsea v Arsenal and Manchester City v Manchester United. (T) 11.10 Graham Norton Uncut. (T) 11.55 Heroes. (R) (T) 12.40 FILM: Border Blues (2004). Thriller, starring Eric Roberts. (T) 2.05 BBC News. (T) 4.35 Inside Sport. (R) (T) 5.05 Close.

Pick of the Day

Wallander (BBC1, 9pm)

Is there anything Kenneth Branagh can't do? He's wowed the West End many times (he's been shortlisted for an Evening Standard Theatre Award this year for his performance in Chekhov's Ivanov at Wyndham's Theatre), made various acclaimed films (as actor, director and screenwriter), and even impressed on the small screen too. He's back on the latter this week in the first of three dramas based on the books of acclaimed author Henning Mankell. They follow the life and work of Inspector Kurt Wallander, a middle-aged detective dealing with a rising violence and crime rate in the backwater town of Ystad in Skane, southern Sweden. He's also recently separated from his wife, and is learning to cope with living alone again with help from his grown-up daughter Linda. Unfortunately, his relationship with his ailing father isn't so healthy. Wallander's first case involves a young girl who douses herself in petrol and burns to death — right before his eyes. But who was she, and what made her commit suicide in such a grisly way? Then three more senseless deaths take place; three seemingly unconnected men are discovered minus their scalps, and finding who did the deed proves almost impossible. David Warner, Jeany Spark, Nicholas Hoult and Sarah Smart also star.

C4

6.10 Planet Cook. (T) 6.35 Transworld Sport. (T) 7.30 Beach Volleyball. (R) 7.55 Adrenalin Rush. (T) 8.25 Freeports on 4. (T) 8.55 T4: Friends. (R) (T) 9.30 T4: Hollyoaks. (T) 12.00 T4: unsigned Act. (T) 1.05 T4: Friends. (R) (T) 1.35 T4: Relentless. (T) 2.25 T4: Album Chart Show: Keane Special. (T) 3.00 T4: 4Music Presents: Coldplay. (R) (T) 3.50 T4: Friends. (R) (T) 4.25 T4: The Simpsons. (R) (T) 4.55 T4: The Simpsons. (R) (T) 5.25 Deal or No Deal. (T) 6.15 Channel 4 News. (T) 6.30 FILM: The Parent Trap (1998). Separated twin sisters meet for the first time by accident and join forces to reunite their estranged parents. Remake of the Disney comedy, starring Dennis Quaid and Lindsay Lohan. (T) 9.00 Chaos at the Zoo. Documentary following former Changing Rooms interior designer Anna Ryder Richardson as she and her family abandon their luxury lifestyle in Glasgow to restore a rundown zoo in Wales. (T) 10.00 FILM: Assault on Precinct 13 (2005). Premiere. A motley band of cops and criminals inside a police station are forced to fight for their lives when they come under siege. Action thriller, with Ethan Hawke and Laurence Fishburne. (T) 12.05 Brothers & Sisters. (T) 1.05 Brothers & Sisters. (T) 2.05 First Cut: Time Warp Wives. (R) (T) 2.30 My Friend Marjorie. (R) (T) 2.35 Cutting Edge: Meet the Foxes. (R) (T) 3.35 Monsters. (R) (T) (bw) 3.50 Scrapheap Challenge. (R) (T) 4.50 3 Minute Wonder: Rig Life. (R) (T) 4.55 3 Minute Wonder: Rig Life. (R) (T) 5.00 Countdown. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Look! (R) (T) Aussie Antics. (R) (T) 6.20 Angels of Jarm. (R) (T) 6.30 Elmo's World. (R) (T) 6.45 Harry and His Bucket Full of Dinosaurs. (T) 7.00 Roobarb and Custard Too. (R) (T) 7.10 Mio Mao. (R) (T) 7.15 Chiro. (T) 7.20 Milkshake! Music Box. (R) (T) 7.30 Hana's Helpline. (R) (T) 7.40 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.55 Little Princess. (R) (T) 8.10 Franny's Feet. (R) (T) 8.25 The Beeps. (R) (T) 8.40 The Mr Men Show. (R) (T) 9.00 Rupert Bear. (R) (T) 9.15 The Milkshake! Show. (R) (T) 9.40 What Makes Me Happy. (R) (T) 10.00 Nature Shock. (R) (T) 11.00 Dangerous Adventures for Boys. (R) (T) 12.00 Zoo Days. (R) (T) 12.30 Zoo Days. (R) (T) 12.50 FILM: Rescuers: Stories of Courage - Two Families (1998). Drama, starring Daryl Hannah. (T) 2.55 FILM: Dracula: Dead and Loving It (1995). Horror spoof, starring Leslie Nielsen. (T) 4.35 Five News and Sport. (T) 4.50 FILM: RV: Runaway Vacation (2006). Premiere. Comedy, starring Robin Williams. (T) 6.40 FILM: Spider-Man (2002). A clumsy teenager develops superhuman skills after a genetically engineered spider bites him, and uses his new powers to combat evil. Comic-book adventure, starring Tobey Maguire. (T) 9.00 FILM: SWAT (2003). A disgraced cop gets the chance to redeem himself by joining an elite unit, but their first case proves a challenge. Action thriller, starring Samuel L Jackson and Colin Farrell. (T) 11.20 Special Forces Heroes. (R) (T) 12.20 Police Interceptors: Special Edition. (T) 12.50 Mountain-X Race. 1.20 Live NFL: Minnesota Vikings v Chicago Bears. 4.30 Ironman Triathlon. (R) 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

30 NOV

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Art Attack. (R) (T) 9.50 Prove It! (R) (T) 10.10 Finger Tips Mini. (R) (T) 10.15 The Championship. (T) 11.00 FA Cup Special. Histón v Leeds United (Kick-off 12.15pm). Including News, Regional News and Weather. (T) 2.45 Agatha Christie's Poirot. (R) (T) 3.45 Creature Comforts. (R) (T) 4.00 London Today; Weather. (T) 4.15 FILM: Star Wars: Episode VI - Return of the Jedi (1983). Sci-fi adventure, starring Harrison Ford. Including ITV News and Weather. (T)

6.00 Britannia High. Claudine tries to break up Danny and Lauren by sabotaging their three-month anniversary celebrations. However, she is left embarrassed and hurt when things do not go according to plan - revealing a secret about her childhood in the process. Lola thinks she saw a ghost at school so the gang decides to launch a hunt throughout Britannia High. Sapphire Ella, Georgina Hagen and Mitchell Hewer star. (T)

8.00 Here Come the Boys. Holly Willoughby presents a concert raising awareness of testicular cancer as fundraisers from four UK charities call the audience for an evening of music. Tom Jones sings his classic It's Not Unusual and two songs from his latest album, Enrique Iglesias performs Hero and Will Young presents his new single Grace. Seal covers James Brown's It's a Man's Man's World, Boyzone offer a medley of their hits and Scouting for Girls sing She's So Lovely. (T)

9.00 I'm a Celebrity Get Me Out of Here! Ant and Dec present the star-studded survival challenge, as the famous faces continue their ordeal in the Australian jungle, struggling to complete the tough daily tasks and dreaded Bushtucker Trials. (T)

10.30 ITV News and Weather; Weather. (T)

10.45 FA Cup Football Highlights. Matt Smith introduces action from the second round of the FA Cup, including Histón v Leeds United at the Glass World Stadium. With commentary by Peter Drury, and analysis from Robbie Earle. (T)

11.30 Superhuman: Super Strong. Documentary exploring the lives of some of the world's strongest people, revealing the extreme lifestyles they follow to gain such powerful physiques. The programme meets the world's strongest couple, who are expecting a child together, and meets a man who unleashes an alter-ego named "Thug" to accomplish feats of incredible power. Narrated by Sam Hazeldine. (R) (T)

12.30 Advent Act of Worship. (T) 1.25 60 Minute Makeover. (R) (T) ITV News Headlines. 2.20 Antiques Auction. (R) (T) 2.45 Antiques Auction. (R) (T) 3.05 I Want That House By the Sea. (R) (T) 3.30 I Want That House By the Sea. (R) (T) 3.55 ITV Nightscreen.

LOCAL

RTP1
0630 Children TV 0645 Brinca Comigo
0800 Bom Dia Portugal 1000 Mass
1100 Imperio dos Elefantes 1200
Sentido do Gosto 1230 Mr. Bean
1300 News 1415 Só Visto! 1515
Bones. series 1645 Olha quem
Dancal! 1845 Telerural 1915 Vila Faia
2000 News 2100 Escolhas de Rebelo
de Sousa 2130 A Minha Geração
2330 Domingo Desportivo 0100
Trânsito, film 0300 Rali World
Championship 0400 Só Visto! 0500
Profissões Perigosas 0530
Euronews 0605 Nos
RTP2
0700 Euronews 0730 África @ Global
0800 Músicas de África 0900
Caminhos 0930 70x7 1000Ns 1100
Da Terra ao Mar 1130 Consigo 1200
Vida por Vida 1300 Bombarro 1330
Recantos 1400 National Geographic
1445 A Voz do Cidadão 1500 Sports
1900 Couto & Coutadas 1930 A Alma
e a Gente 2000 Bombarro 2030 The
Simpsons 2100 The Antibiotics
Adventures 2200 News 2230 Câmara
2000 News 2115 Grande
Reportagem SIC 2200 Gato
Fedorento 2300 A Favorita 0015
Desperate Housewives, series
0115 CSI New York 0215 Todos em
Linha 0400 Thirteen, film
TVI
0700 Children's TV 0930 O Bando
dos Quatro 1015 Hanna Montana
1100 Mass 1200 News 1400 Finding
Neverland, film 1600 10 Things
Hate About You, film 1800 Elektra,
film 2000 News 2100 Reporter TVI
2145 Olhos nos Olhos 2300 Casos
da Vida 0045 Godzillia, film 0300
Sempre a Somar 0430 Até que a
Morte nos Separe 0500 Teleseals
0630 Todos Iguais

Best of the Rest

BBC3
7.00 Dog Borstal 8.00 Don't Tell the
Bride 9.00 The Last Millionaire 10.00
Family Guy 10.25 Family Guy 10.45
Film: Enemy of the State 15 (1998)
12.50 Clone 1.15 The Last Millionaire
2.15 Don't Tell the Bride 3.15 Dog
Borstal 4.15 Close
BBC4
7.00 Travels with Vasari 8.00
Vivaldi's Women 9.00 Film: Vatel 12
(2000) 10.40 France on a Plate
11.40 Charlie Brooker's
Screenwipe 12.10 Mark Lawson
Talks to Melvyn Bragg 1.10 Travels
with Vasari 2.10 Vivaldi's Women
3.10 Mark Lawson Talks to Melvyn
Bragg 4.10 Close
ITV2
10.00 Coronation Street 4.50 The X
Factor 6.30 The X Factor - The
Result 7.00 Animals Do the Funniest
Things 8.00 Film: The Mummy
Returns 12 (2001) 10.30 I'm a
Celebrity Get Me Out of Here Now!
11.30 Katy Brand's Big Ass Show
12.00 Katy Brand's Big Ass Show
12.30 Entourage 1.05 Danny Dyer's
Playlist 1.35 Teleshopping 4.35 ITV2
Nightscreen
Sky1
1.50 Bite Size Brainiac 2.00
Guinness World Records Smashed
3.00 Malcolm in the Middle 3.30
Malcolm in the Middle 4.00 Malcolm
in the Middle 4.30 Malcolm in the
Middle 5.00 Variety Club Awards
2008 6.00 Futurama 6.30 The
Simpsons 7.00 Wayne Rooney's
Street Striker 8.00 The Simpsons
8.30 The Simpsons 9.00 Fringe
10.10 Bones 11.10 Cold Case 12.10
Road Wars 1.10 Road Wars 2.00
The Villa 2.55 Road Wars 3.50
Tenerife Uncovered 4.45 America's
Dumbest Criminals 5.10 Guilty!
G.O.L.D
1.00 Last of the Summer Wine 1.40
Last of the Summer Wine 2.20 Last

of the Summer Wine 3.00 Last of the
Summer Wine 3.40 Last of the
Summer Wine 4.20 Last of the
Summer Wine 5.00 Last of the
Summer Wine 5.40 Last of the
Summer Wine 6.20 Last of the
Summer Wine 7.00 Last of the
Summer Wine 7.40 Last of the
Summer Wine 8.20 Last of the
Summer Wine 9.00 Victoria Wood
at the Albert Hall 11.20 Men Behaving
Badly 12.00 The Thin Blue Line
12.40 My Hero 1.20 The New
Adventures of Old Christine 1.50
The New Adventures of Old Christine
2.15 The Dick Emery Show 2.25
The New Adventures of Old Christine
2.50 The Dick Emery Show 3.00 Close
TCM
1.00 Forbidden Planet U (1956)
3.00 Soylent Green 15 (1973) 4.45
2010 PG (1984) 6.55 Logan's Run
PG (1976) 9.00 Brainstorm 15
(1983) 10.55 Westworld 15 (1973)
12.30 Lethal Weapon 2 18 (1989)
2.35 Greed U (1925) 5.00 Mister
Budding PG (1966)
The Disney Channel
Kids' programmes from 7am,
except: 2.00 Film: Camp Rock:
Rock-a-long PG (2008) Family
comedy, starring Demi Lovato. 4.00
Film: Cheetah Girls 2: Sing-Along U
(2006) Drama, starring Raven-
Symone. 6.00 Film: Camp Rock:
Rock-a-long PG (2008) Family
comedy, starring Demi Lovato.



MOVIES

Sky Movies Drama
6.45 Oklahoma! PG (1999) 9.45
Body of Lies Special 10.00 The
Valley of Light PG (2007) 11.45
Columbo: The Murder of a Rock
Star PG (1991) With Peter Falk.
1.30 The Children of Huang Shi
12 (2008) With Jonathan Rhys
Meyers. 3.45 The Evening Star
15 (1996) With Shirley MacLaine.
6.00 Robin Hood PG (1990) With
Patrick Bergin. 8.00 The Last
King of Scotland 15 (2006) With
Forest Whitaker. 10.15 The
Departed 18 (2006) With Jack
Nicholson. 1.00 My Kingdom 18
(2001) With Richard Harris. 3.00
Ruby 15 (1992) With Danny
Aiello. 5.00 Miracle in the Woods
PG (1997)
Sky Movies Comedy
6.30 Life 15 (1999) 8.30 Norbit
12 (2007) 10.25 Coming to
America 15 (1988) 12.30 Beverly
Hills Cop 15 (1984) With Eddie
Murphy. 2.30 Beverly Hills Cop
II 15 (1987) With Eddie Murphy.
3.40 Beverly Hills Cop III 15
(1994) With Eddie Murphy. 6.25
The Golden Child PG (1986) With
Eddie Murphy. 8.00 Norbit
12 (2007) With Eddie Murphy. 9.45
Coming to America 15 (1988)
With Eddie Murphy. 11.45 Life
15 (1999) With Eddie Murphy.
1.35 Harlem Nights 18 (1989)
With Eddie Murphy. 3.35 Beverly
Hills Cop II 15 (1987) 5.25 The
Golden Child PG (1986)
Sky Movies Action/thriller
6.15 35MM 6.45 Knight Rider
2000 12 (1991) 8.35 Funeral
in Berlin PG (1966) 10.35 Rob
Roy 15 (1995) 1.00 The
Kingdom 15 (2007) With Jamie
Fox. 3.00 Klute 18 (1971)
With Donald Sutherland. 5.15
Knight Rider 2000 12 (1991)
With David Hasselhoff. 7.10
Passenger 57 15 (1992) With
Wesley Snipes. 9.00 The
Kingdom 15 (2007) With Jamie
Fox. 10.55 Rob Roy 15
(1995) With Liam Neeson.
1.20 Platoon 15 (1986) With
Charlie Sheen. 3.25 Playing
God 18 (1987) 5.05 Funeral
in Berlin PG (1966)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcasting stereo;
(bw) - black and white.

SPORT

Sky Sports 1
6.00 Live Test Cricket. Australia
v New Zealand. 7.00 World Sport
7.30 Football First 9.00 The
Sunday Supplement 10.00 Goals
on Sunday 11.00 Live Football
League. Swansea City v Cardiff
City (Kick-off 11.15am). 1.15 Live
Super Sunday. Manchester City
v Manchester United (Kick-off
1.30pm). 3.30 Live Super Sunday.
Chelsea v Arsenal (Kick-off
4.00pm). 6.30 Super Sunday: The
Last Word 7.00 Live Spanish
Football. Valencia v Real Betis.
8.00 Live Spanish Football.
Atletico Madrid v Racing
Santander (Kick-off 8.00pm).
10.00 Football First 11.30
Champions League Weekly
12.00 Live Test Cricket. Australia
v New Zealand.
Sky Sports 2
6.00 Champions League Weekly
6.30 Wild Spirits 7.00 Spanish
Football 8.30 Live Test Cricket.
South Africa v Bangladesh. 3.30
Wild Spirits 4.00 World Sport 4.30
NFL: Total Access 5.30 NFL: Live
Wire 6.00 Live NFL. Tampa Bay
Buccaneers v New Orleans Saints
(Kick-off 6.00pm). 9.00 Live NFL.
San Diego Chargers v Atlanta
Falcons (Kick-off 9.05pm). 12.30
NFL: Top 10 1.15 Live NFL.
Minnesota Vikings v Chicago Bears
(Kick-off 1.15am). 4.20 Close
Sky Sports 3
6.00 Live World Cup Golf. Day
four at Mission Hills Golf Club.
8.30 Women's Golf 12.30 Golf
3.30 Airsports World 4.00 WWE:
Vintage Collection 5.00 WWE:
Experience 6.00 Motor Racing
7.00 Golf Night 10.00 WWE: Late

Night - Afterburn 11.00 WWE
Vintage Collection 12.00 Spanish
Football 2.00 Football First 3.30
Champions League Weekly 4.00
Spanish Football

British Eurosport

7.30 Ski Jumping 9.00 Live Cross-
Country Skiing. World Cup
coverage from Kuusamo, Finland.
10.00 Nordic Combined Skiing 10.30
Live Nordic Combined Skiing. World
Cup coverage from Kuusamo,
Finland. 11.15 Ski Jumping 11.45
Live Cross-Country Skiing. World
Cup coverage from Kuusamo,
Finland. 1.00 Nordic Combined
Skiing 1.30 Live Nordic Combined
Skiing. World Cup coverage from
Aspen, Colorado. 6.00 Live
Alpine Skiing. World Cup coverage
from Lake Louise. 7.30 Ski Jumping
8.00 Live Alpine Skiing. World Cup
coverage from Aspen. 9.00
Wintersports Weekend 9.30
Women's International Football
10.00 Live Women's International
Football. The second Under-20s
World Cup quarter-final (Kick-off
10.00pm). 12.00 Wintersports
Weekend 12.30 Close

Sky Sports Xtra

6.00 European Hockey League 7.00
International Rugby Union 9.00
WWE: Afterburn 10.00 WWE: Vintage
Collection 11.00 Racing News 11.30
Wild Spirits 12.00 Motor Racing 1.00
NFL: Total Access 2.00 European
Hockey League 3.00 Motor Racing
4.00 Max Power 5.00 European
Hockey League 6.00 Test Cricket
8.00 Race World 9.00 WWE:
Experience 10.00 Test Cricket
12.00 Golf Night 3.00 European
Hockey League 4.00 Close

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MON

BBC1

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Buy It, Sell It, Bank It? (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Kewitz. (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 Get 100. (T) 4.35 The Sarah Jane Adventures. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (T)

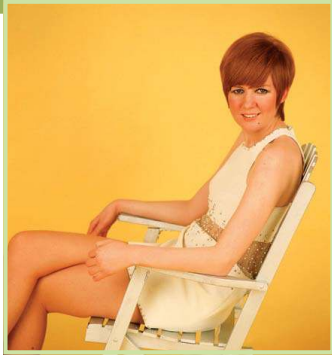
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 Watchdog. Investigation show, fighting for consumers' rights. Nicky Campbell, Julia Bradbury and Paul Heiney present. (T) BBC News; Regional News. (T)
8.00 EastEnders. Max is convinced Tonya is covering for Jack and is hopeful for a reconciliation, but she is not interested in either of the brothers any more. Tony throws away Whitney's passport to scupper her plans for their holiday in Spain. Vinnie and Shirley prepare to leave, and Ronnie tries to console Jack during an emotional heart-to-heart. (T)

8.30 Panorama. Gerry Northam examines government proposals to open a new wave of opencast coal mines in an effort to secure the UK's future energy supply. He hears from the communities opposed to the move and looks at what is being seen as a U-turn on pledges to reduce carbon emissions. (T)
9.00 Spooks. Harry is arrested after being framed as the mole who revealed classified information, and the head of MI5 orders his interrogation. With Britain under threat of nuclear attack from Russia, the whole team comes under suspicion and all communication is monitored. After a trusted contact is murdered, Lucas is horrified when he realises the identity of the double agent. Drama, guest starring Kika Markham. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 A Question of Sport. Jockey Tony McCoy, Olympic athlete Roger Black, England rugby union international Mark Regan and TV presenter and British tennis number one Andrew Castle join team captains Matt Dawson and Phil Tufnell for another round of the quick-fire quiz. Sue Barker presents. (R) (T)

11.05 Inside Sport. With Des Kelly and Jonathan Pearce. (T)
11.35 FILM: The Journey of August King (1995). Drama, starring Jason Patric and Thandie Newton; (T) Weatherwise. (T)
1.10 Sign Zone: Antiques Roadshow. (R) (T) 2.10 Sign Zone: Little Dorrit. (R) (T) 2.40 Sign Zone: Little Dorrit. (R) (T) 3.10 Sign Zone: The Man Who Cycled the World. (R) (T) 3.40 Sign Zone: Credit Crash Britain - HBOS: Breaking the Bank. (R) (T) 4.10 Sign Zone: Helicopter Heroes. (R) (T) 4.55 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat: SDS. (R) (T) 8.45 Chuggington. (R) (T) 9.00 Harry and Toto. (R) (T) 9.10 Mama Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers; (R) (T) Fun with Phonics. (R) (T) 10.00 Something Special. (R) (T) 10.15 Get Squiggling. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Words and Pictures. (T) 11.10 BBC Primary Geography. (T) 11.20 Look and Read. (T) 11.40 Victorian Scotland. (T) 12.00 Open Gardens. (R) (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Real Rescues. (R) (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flot! (R) (T) 4.30 Are You an Egghead? (T) 5.15 Bargain Hunt Famous Finds. (T) 6.00 Eggheads. 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 This World: Forced to Marry. The work of staff at the British High Commission in Pakistan. Last in the series. (T) 8.00 University Challenge. Corpus Christi College, Oxford, versus the University of Edinburgh. (T) 8.30 Indian Food Made Easy. Tarka dal, chicken in spinach and Punjabi cranachan. (T) 9.00 World War Two: Behind Closed Doors. The clash of values between Stalin and Churchill. (T) 10.00 Have I Got News for You. Al Murray guest hosts. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Band of Brothers. (R) (T) 12.20 Ellery Queen. (R) (T) 1.10 BBC News. (T) 4.00 BBC Learning Zone. (T)

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1 DEC

Pick of the Day

Sex, Drugs and Rock 'n' Roll: The 60s Revealed (five, 9pm)

This new series promises to be one of the highlights of the week - especially for those who remember the era in question the first time around. It sees celebrities who took part in a series of intimate interviews with comedian and TV presenter Bernard Braden reunited with the footage from 40 years ago. As well as gasping at the fashions of the time, the celebrities look back at the era and discuss how their lives have turned out. Are they anything like they hoped? Kicking things off is a host of famous faces, including Cilla Black. Shortly after her interview with Braden, she became the first female singer to get her own TV series. Teenager Lulu had a number of hits under her belt when she chewed the fat with Braden, and in 1968 became the youngest person to host their own BBC show. This opener also sees Welsh singer Tom Jones and Davy Jones, who brought a dash of British cool to US outfit the Monkees, come face to face with their younger selves. Plus, Simon Dee, the groundbreaking pop music DJ at Radio Caroline and Radio One, Felicity Green, the massively influential fashion editor of the Daily Mirror and Ossie Clark, a fashion icon of the 1960s who was killed 12 years ago, also feature.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 The Class. (R) (T) 8.55 Frasier; (R) (T) Burning Questions. (R) (T) 9.35 Rappin' at the Royal; (R) (T) Quit, Tate Modern and Burning Questions. (R) (T) 11.30 Battlefront. (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Turner Prize 2008. (R) (T) 12.35 Supernanny USA. (R) (T) 1.35 FILM: Johnny Come Lately (1943). Crime drama, starring James Cagney. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.50 Turner Prize 2008 Live Announcement. The winner of the prestigious prize is revealed. (T) 7.55 The Political Slot. 8.00 The Ascent of Money. Niall Ferguson on the history of stock market bubbles. (T) 9.00 Catastrophe. Tony Robinson and the team visit Australia, Nevada and Alaska to investigate the controversial theory that life on Earth flourished during a cataclysmic ice age 650 million years ago. (T) 10.00 Hollyoaks Later. New series. Steph and Tom arrive at the isolated Scottish retreat. (T) 11.05 Hollyoaks Later. (T) 12.10 4Music: Oasis: Standing on the Edge of the Noise. (R) (T) 1.15 FILM: Simone (2002). Media satire, starring Al Pacino. (T) 3.15 Truel. (R) (T) 3.30 Unreported World. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake! 6.00 Angels of Jarm; (R) (T) Little Lodgers. (R) (T) 6.10 Chiro. (T) 6.15 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.40 Little Princess. (R) (T) 6.50 Bert and Ernie's Great Adventures. (R) (T) 6.55 The Adventures of Bottle Top Boil and His Best Friend Corky. (R) (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowertots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.30 Rupert Bear. (R) (T) 8.45 Pocoyo. (R) (T) 8.50 Sailor Sid. (R) (T) 8.55 The Milky and Shake Show. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Zoo Days. (R) (T) 12.00 Britain's Vanishing Views. (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.00 FILM: Rest in Peace, Mrs Columbo (1990). Crime drama, starring Peter Falk. (T) 5.00 Five News with Matt Barber; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 Rough Guide to the Great Outdoors. The canyons and cliffs of Utah, and the Norwegian fjords; (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. The latest in lawsuits, computer game tuition and mountain bikes; (T) 8.00 Five News at 9. 9.00 Sex, Drugs and Rock 'n' Roll: The 60s Revealed. (T) 10.00 FILM: Casualties of War (1989). A soldier refuses to keep quiet when the other members of his patrol abduct a young local girl and then rape and murder her. Vietnam War drama, starring Michael J Fox and Sean Penn. (T) 12.15 Disorderly Conduct. (T) 1.15 NBA 360. 1.35 Live NFL. Houston Texans v Jacksonville Jaguars. 4.45 Race and Rally UK 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Guest. (T) 2.30 Dickinson's Real Deal. (R) (T) 3.15 Spin Star. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Shane reacts furiously when Jasmine reveals she plans to continue her investigation into the MacFarlanes' affairs. Chas learns from Danielle that her son Aaron has been working for the villainous family and enlists Donna's help in trying to locate him - leaving Marlon worried about his wife's safety. (T)

7.30 Coronation Street. Tony's wedding preparations are complicated by the arrival of his brother Pat, and Jed Stone threatens to ruin the ceremony unless he gives him more money as compensation for being evicted. Michelle puts a damper on Steve's plan to spend time with Becky, and Peter invites Leanne out for a drink. (T)

8.00 Power Struggles: Tonight. Fiona Foster leads an investigation into why falling wholesale energy prices have not been reflected in the level of utility bills. The reporter also asks whether switching energy suppliers is a good way to save money. (T)

8.30 I'm a Celebrity Get Me Out of Here! After two gruelling weeks in the Australian jungle the remaining stars face up to the possibility their time in the camp is coming to an end as viewers vote to evict another famous face. Ant and Dec present the celebrity challenge. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.40 Forensic Casebook with Matthew Kelly. The presenter finds out about a method used to identify a murder victim by their teeth and learns how a bite mark identified a killer.

11.10 Grimbeusters. In a Cotswolds wildlife park, a pest controller tackles cockroaches in a crocodile enclosure and a team in Wolverhampton starts a large-scale clean up of discarded syringes. (T)

11.40 Kelly Osbourne: Turning Japanese. The host tries her hand at teaching English to a class of students, before returning to Tokyo where she works at a dog hotel and also trains as a geisha. Last in the series. (T)

12.30 Champions League Weekly. (T) 1.00 Nightwatch with Steve Scott: Crime. (R) (T) ITV News Headlines. 1.55 Loose Women. (R) 2.45 Moving Day. (R) (T) 3.35 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 0945 22º Circo D'Ouro 1200 Uma Aventura entre os Pinguins com Nigel Marven 1300 News 1415 Jurassic Park, film 1615 O Leão da Estrela, film 1830 O Prego Certo 1930 News 2015 Noticias Soltas 2030 Football: Benfica v Setúbal 2230 Football Review 2300 Batman Begins, film 0130 Philadelphia, film 0345 Staying Alive: Xpress 2007 0430 Staying Alive: Xpress 2008 0515 Staying Alive: 48 Fet Kenya 0605 Nôis

RTP2
0715 Zig Zag 1600 National Geographic: Cheetas 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic: The Golden Dog 2150 A Hora da Sorte 2200 News 2240 Close to Home, series 2330 Bastidores, Making Of 0030 Noites da Dois 0115 Remix Stands Ups 0145 Diga Lá Excelência 0230 Eurodeputados 0315 Sociedade Civil 0445 Euronews 0615 A Fé dos Homens

SIC
0645 Sic Noticias 0915 Film TBA 1100 Fátima 1300 News 1400 Film TBA 1600 Film TBA 1800 Film TBA 2000 News 2130 Vip Manicure 2215 Podia Acabar o Mundo 2315 A Favorita 0030 CSI New York, series 0130 CSI Las Vegas 0230 Todos em Linha 0430 Ciranda de Pedra

TVI
0700 Diário da Manhã 1015 Vozes na TV! 1300 News 1400 Home Alone, film 1600 O Tesouro de Natal, film 1815 Morangos com Açúcar 2000 News 2115 Flor do Mar 2230 Feitiço de Amor 2345 Olhos nos Olhos 0030 Ever After, film 0245 Sempre a Somar 0430 The Beast, mini-series 0530 Teleseles

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who 8.30 Clone 9.00 Little Britain 9.30 Summer Heights High 10.00 EastEnders 10.30 Filthy Rich and Famous 11.30 Family Guy 11.55 Family Guy 12.15 Summer Heights High 12.45 Clone 1.15 Last Man Standing 2.10 Filthy Rich and Famous 3.10 The Real Hustle: High Stakes 3.40 Last Man Standing 4.40 Close

BBC4
7.00 World News Today 7.40 Weather 7.30 France on a Plate 8.30 Only Connect 9.00 Department Store 10.00 Maigret 11.30 Film: Vatel 12 (2000) 1.10 Department Store 2.10 France on a Plate 3.10 Department Store 4.10 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Mental Williams Show 6.00 Judge Judy 6.55 Britannia High 7.55 Film: Dante's Peak 12 (1997) 10.00 I'm a Celebrity Get Me Out of Here Now! 11.00 Film: Along Came Polly 12 (2004) 12.50 Coronation Street 1.20 Teleshopping 4.20 ITV2 Nightscreen

Sky1
1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Wayne Rooney's Street Striker 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The

Simpsons 7.30 The Simpsons 8.00 Britney: For the Record 9.30 Ultimate Road Wars 11.30 Britney: For the Record 1.00 Road Wars 1.55 Caribbean Uncovered 2.50 Stargate SG-1 3.45 Stargate SG-1 4.40 America's Dumbest Criminals 5.10 Guilty!

G.O.L.D.
1.00 Last of the Summer Wine 1.40 Last of the Summer Wine 2.20 One Foot in the Grave 3.00 My Family 3.40 To the Manor Born 4.20 As Time Goes By 5.00 Some Mothers Do 'Ave 'Em 5.40 Waiting for God 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 My Family 9.00 The Royle Family 9.50 Only Fools and Horses 11.30 Gimme Gimme Gimme 12.10 The Royle Family 1.05 Gimme Gimme Gimme 1.40 What a Carry On! 2.00 2point4 Children 2.30 My Hero 3.00 Close

TCM
1.00 Beau Brummell PG (1954) 3.00 Sherlock Holmes in Dress to Kill U (1945) 4.30 That's Entertainment! U (1974) 6.50 2010 PG (1984) 9.00 Catholic Boys 15 (1985) 10.55 Lolita 15 (1962) 1.35 Freaks 15 (1932) 2.50 Westward the Women PG (1951) 5.00 Julie PG (1956)

The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Camp Rock PG (2008) Family comedy, starring Demi Lovato.

MOVIES

Sky Movies Drama

6.45 Stolen Youth 12 (1996) 8.15 Cleopatra 10.00 This Is My Father 15 (1998) 12.00 Columbo: Death Hits the Jackpot PG (1991) With Peter Falk. 1.40 Cocktail 15 (1988) With Tom Cruise. 3.30 The Legend of 1900 15 (1998) With Tim Roth. 5.45 All the King's Men 12 (2005) With Sean Penn. 8.00 Gidridon Gang 12 (2006) With Dwayne 'The Rock' Johnson. 10.15 Cocktail 15 (1988) With Tom Cruise. 12.00 Casino Royale 12 (2006) With Daniel Craig. 2.30 Whispers in the Dark 18 (1992) With Annabella Sciorra. 4.15 Can't Be Heaven PG (1999)

Sky Movies Comedy

7.05 Parenthood 15 (1989) 9.15 Leap of Faith PG (1992) 11.15 Sgt Bilko PG (1996) With Steve Martin. 1.00 Runaway Bride PG (1999) With Julia Roberts. 3.00 Accepted 12 (2006) With Justin Long. 4.40

Magicians 15 (2007) With Robert Webb. 6.20 Sgt Bilko PG (1996) With Steve Martin. 8.00 Runaway Bride PG (1999) With Julia Roberts. 10.00 Accepted 12 (2006) With Justin Long. 11.40 Magicians 15 (2007) With Robert Webb. 1.15 Parenthood 15 (1989) With Steve Martin. 3.20 Leap of Faith PG (1992) 5.10 Expiration Date 12 (2006)

Sky Movies Action/horror

6.50 Firewalker 15 (1986) 8.50 Night of Terror 18 (2006) 10.30 Rocky PG (1976) 12.35 The Postman 15 (1997) With Kevin Costner. 3.35 Consenting Adults 15 (1992) With Kevin Kline. 5.25 Firewalker 15 (1986) With Chuck Norris. 7.20 Zodiac 15 (2007) With Jake Gyllenhaal. 10.00 Face 18 (1997) With Robert Carlyle. 11.55 Fire Down Below 18 (1997) With Steven Seagal. 1.55 The Border 15 (1981) With Jack Nicholson. 3.55 Rocky PG (1976)



SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v New Zealand. 7.00 Champions League Weekly 7.30 Snow Adventures 8.00 WWE: Bottom Line 9.00 Football First 10.30 Football First 12.00 Test Cricket 2.00 Champions League Weekly 2.30 Snow Adventures 3.00 Spanish Football 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 2 7.30 Live Football League. Reading v Coventry City (Kick-off 8.00pm). 10.15 You're on Sky Sports! 11.15 Big League Weekend 2 12.45 Champions League Weekly 1.15 Sky Sports Classics 1.30 Live NFL. Houston Texans v Jacksonville Jaguars (Kick-off 1.30am). 5.00 Champions League Weekly 5.30 Wild Spirits

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Golf Night 12.00 Show Jumping 1.00 NFL Gameday 2.30 NFL: Top 10 3.30 Wild Spirits 4.00 Test Cricket 6.00 Golf 7.00 IRB Rugby Sevens 10.00 NFL Gameday 11.30 How Sports International 12.00 Live Test Cricket. Australia v New Zealand.

Sky Sports 3

6.00 Close 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Spanish Football 2.00 Golf Night 5.00 WWE: Raw 7.00 NFL Gameday

8.30 NFL: Top 10 9.30 Show Jumping 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 H2O Sports International 4.45 Show Jumping 5.15 Close

British Eurosport

7.30 Wintersports Weekend 8.00 Alpine Skiing 9.15 Ski Jumping 10.45 Women's International Football 12.00 Bobsleigh 1.00 Skeleton 2.00 Ski Jumping 3.30 Wintersports Weekend 4.00 NEC Bike Show 5.00 Eurogoals 5.45 Women's International Football 7.00 Live Women's International Football. The third Under-20s World Cup quarter-final (Kick-off 7.00pm). 9.00 Eurogoals 9.45 Football 10.00 Live Women's International Football. The fourth Under-20s World Cup quarter-final (Kick-off 10.00pm). 12.00 Wintersports Weekend 12.30 Close

Sky Sports Xtra

6.00 Premier League Years 1.00 European Hockey League 2.00 Pool 4.00 Snow Adventures 4.30 Aerobics Oz Style 5.00 Show Jumping 6.00 Snow Adventures 6.30 Wild Spirits 7.00 Thinking Tackle 8.00 Test Cricket 10.00 World Motor Sport 12.30 Golf 1.30 IRB Rugby Sevens 4.30 You're on Sky Sports! 5.30 Close

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TUE

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2 DEC

BBC1

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Buy It, Sell It, Bank It? (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 Raven; (T) The Owl. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Shirley is shocked to discover Suzy has taken a pregnancy test, while Sean and Roxy turn to each other as they watch over Amy in the hospital. Jack orders Lauren to move out; (T) BBC News; Regional News. (T)

8.00 Holby City. Maria is concerned that Sam's cancer has returned when he starts acting strangely. Joseph tries to convince himself that nothing happened between himself and Jac, and Kyla hands in her notice so she can join Max in Holland. Ric is under pressure to find a new anaesthetist, and Linden is once again too heavily involved with his patients' lives as he deals with an apparent love triangle. (T)

9.00 Survivors. Abby finds a sustainable community that could offer hope for the future and hits it off with its leader, a former member of the government. Greg and Tom face a dilemma when they encounter a man who has kept his family alive by isolating them on his farm. Post-apocalyptic drama, starring Julie Graham, Nikki Amuka-Bird, Paterson Joseph, Max Beesley and Neil Dudgeon. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Imagine. Documentary charting five years in the lives of Marwan Ryad, Faisal Talal, Firal al Lateef and Tony Aziz, who together are Acrassicauda, Iraq's first heavy metal rock band. The quartet met in high school during the Ba'athist regime's dictatorship, and bonded over their shared love of western music. However, heavy metal trademarks such as goatee beards and tattoos were outlawed under Saddam Hussein, and the group's defiant pursuit of fame forced them to become a real life band on the run. Last in the series. (T)

11.25 FILM: A Simple Plan (1998). Psychological thriller, starring Bill Paxton; (T) Weatherwise. (T)

1.25 Sign Zone. See Hear. (R) (T) 1.55 Sign Zone: Oceans. (R) (T) 2.55 Sign Zone: Credit Crash Britain - Money for Nothing. (R) (T) 3.25 Sign Zone: Helicopter Heroes. (R) (T) 4.10 Sign Zone: Helicopter Heroes. (R) (T) 4.55 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kanpor. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat: SDD. (R) (T) 8.45 Chuggington. (T) 9.00 Harry and Toto. (R) (T) 9.10 Mama Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers; (R) (T) Fun with Phonics. (R) (T) 10.00 Something Special. (R) (T) 10.15 Get Squiggling. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: KS1 Science Clips. (T) 11.10 BBC Primary Geography. (T) 11.30 Hands Up! (T) 11.45 Watch. (T) 12.00 Open Gardens. (R) (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Real Rescues. (R) (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Are You an Egghead? (T) 5.15 Bargain Hunt Famous Finds. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Delia. Cookery expert Delia Smith presents innovations to take the stress out of cooking for friends, with recipes for thick onion tart, apple pie and pork stew. Marco Pierre White guests. (R) (T) 7.30 All Over the Shop. Geoff Burch gives business advice to shopkeepers in Leicester. (T) 8.00 Natural World. Why the Indian gharial became an endangered species. (T) 9.00 Horizon. Physicist Brian Cox investigates the concept of time. (T) 10.00 The Culture Show. With Tom Jones, Michael Sheen and Kanye West. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Band of Brothers. (R) (T) 12.15 Russia: A Journey with Jonathan Dimbleby. (R) (T) 1.15 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

The Queen's Coronation: Behind Palace Doors (C4, 8pm)

The High Society strand continues with this eye-opening documentary, lifting the lid on the squabbles and arguments that took place in 1953 as Elizabeth prepared to be crowned Queen. At the time, the British royal family seemed to an adoring public to be the very picture of unity. However, behind the glossy fa ade, a bitter battle was raging as Prince Philip sought to bring a dash of modernity to his wife's coronation. Appointed Chairman of the Coronation Commission by Elizabeth, he wanted to use the occasion to "herald a thoroughly modern monarchy". Unfortunately, he reckoned without the iron will of his mother-in-law, the Queen Mother. She refused to brook any changes to the ceremony, which dated back almost 1,000 years, and was adamant the image of the monarchy she had worked hard to promote was here to stay. The programme reveals how Philip's attempts to change even the slightest thing, including the most archaic practices in Buckingham Palace, were also rejected. And in the middle of the storm was Elizabeth, a woman desperate to bring together her husband's desire for progress and her mother's need for tradition and stability. It's thoroughly fascinating stuff.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 The Class. (R) (T) 9.00 Frasier; (R) (T) Burning Questions. (R) (T) 9.35 The Search for Cool; (R) (T) Burning Questions and Tate Modern. (R) (T) 10.35 Teen Trouble; (R) (T) Burning Questions. (R) (T) 11.30 Battlefront. (T) 12.00 News at Noon. (T) 12.35 A Brief History of Fun. (R) (T) 12.50 Supernanny USA. (R) (T) 1.45 FILM: Dragonow Wells Massacre (1957). Western, starring Barry Sullivan and Dennis O'Keefe. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. 8.00 Hok to Look Good Naked. New series. Gok Wan revisits women who sought his help in last year's series. The first edition sees him reunited with a frumpy full-time mother who hoped to return to work. (T) 9.00 The Queen's Coronation: Behind Palace Doors. Conflict between the Queen Mother and Prince Philip. (T) 10.00 Man Hunters: Sex Tricks for Girls. The first of two documentaries exploring the rise of sex tourism. (T) 11.05 Hollyoaks Later. (T) 12.10 4Music: Franz Ferdinand; Video Exclusive. 12.15 European Poker Tour. 1.15 Beach Volleyball. (T) 2.15 FIA GT Championship. (R) (T) 2.45 Adrenalin Rush. (R) (T) 3.10 KOTV Classics. (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: 6.00 Angels of Jarm; (R) (T) Little Lodgers. (R) (T) 6.10 Chiro. (T) 6.15 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.40 The Beeps. (R) (T) 6.50 Bert and Ernie's Great Adventures. (R) (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fill and the Flowerpots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.30 Rupert Bear. (R) (T) 8.45 Pocoyo. (R) (T) 8.50 Sailor Sid. (R) (T) 8.55 The Milky and Shake Show. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Zoo Days. (R) (T) 12.00 Britain's Vanishing Faces. (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.00 FILM: Jack (2003). Drama, starring Stockard Channing. (T) 5.00 Five News with Matt Barber; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 Highland Emergency. Rescue 177 team provide transport for a dangerously ill infant. (T) 7.30 Five News Update. (T) 8.00 Special Forces Heroes. Militants hold an army battalion hostage in Sierra Leone. Last in the series; (T) 8.00 Five News at 9. 9.00 CSI: Miami. A woman's body is discovered in an underground tunnel. (T) 10.00 CSI: NY. A deaf woman is murdered; (R) (T) Five News Update. (T) 11.00 CSI: NY; (R) (T) Five News Update. (T) 12.00 FBI Files. (R) (T) 1.00 Live NBA Basketball. San Antonio Spurs v Detroit Pistons (Tip-off 1.30am). 3.40 Boxing USA. 4.45 Motorsport Mundial. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Guest. (T) 2.30 Dickinson's Real Deal. (R) (T) 3.15 Spin Star. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Jasmine realises Shane is deeply involved in the MacFarlanes' affairs and searches his flat for incriminating evidence - but he returns home unexpectedly. When Debbie bursts in on the pair a violent struggle ensues and Jasmine hits the corrupt officer with a chair. Donna worries that Marlon is about to find out about her affair with Ross, and Chas leads the Dingles on a mission to rescue her son Aaron. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to answer questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T) 8.30 I'm a Celebrity Get Me Out of Here! Ant and Dec present the latest goings-on from the celebrity survival challenge in the Australian wilderness. With the end in sight, the plucky personalities fight to survive the last few nights in the hope of emerging victorious on Friday. But for one, that dream will be left in tatters as the public vote another famous face out of the jungle at the end of the show. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.40 Comedy Classics: The New Statesman. A celebration of the comedy first broadcast in 1987 which parodied the world of politics as it followed the exploits of right-wing MP Alan B'Stard, played by Rik Mayall. Featuring contributions by the show's writers Laurence Marks and Maurice Gran, as well as Marsha Fitzalan, who starred as B'Stard's wife Sarah. Concluding with classic episode Piers of the Realm. Last in the series. (T)

11.40 Premiership Rugby Union. Craig Doyle presents highlights of the latest fixtures, including Sale Sharks v Leicester Tigers at Edgley Park, Newcastle Falcons v London Wasps at Kingston Park and Harlequins v Bath at The Stoop. (T)

12.30 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.25 Loose Women. (R) 2.15 The Jeremy Kyle Show. (R) (T) 3.10 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Pra a da Alegria 1300 News 1415 Amor e Intrigas 1500 Paix es Proibidas 1545 Portugal no Cora  o 1800 Portugal em Directo 1905 O Pre o Certo 2000 News 2100 30 Minutes 2130 Jogo Duplo 2230 Telemur 2300 Liga dos  ltimos 000 Training Days, film 0215 A Era da Sida 0415 Portugal no Cora  o 0515 Euronews 0605 N s

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 Cuidado com a L ngua 1630 Euronews 1700 Zig Zag 1830 A F  dos Homens 1900 2010 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic: Eco-Engineering 2200 News 2240 Private Practice, series 2330 Nurture: Nazis on Trial 0030 Noites da Dois 0130 Universidades 0200 Remix Stand Ups 0230 C mara Clara 0340 2010 0415 Euronews 0545 Consigo 0615 A F  dos Homens

SIC
0600 Sic Noticias 0800 Sic Kids 0930 Dia Em Grande 1000 F tima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1600 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 T  a Gravar 2215 P diaAcabaromundo2315AFavorita 0030 CSI New York, series 0130 CSI Las Vegas, series 0230 Todos em Linha 0430 Ciranda de Pedra

TVI
0700 Di rio Da Manh  1015 Voc  na TVI 1300 News 1400 As Tardes da J lia 1700 Quem quer Ganha 1815 Morangos com A  ar 2000 News 2115 Flor do Mar 2230 Feiti o de Amor 2345 Olhos nos Olhos 0030 X-Men, film 0245 Sempre a Somar 0415 TVI Neg cios 0430 The Beast, mini-series 0530 Telesales

Best of the Rest

BBC3
7.00 Spendaholics 8.00 Dog Borstal 9.00 Last Man Standing 10.00 EastEnders 10.30 Grownups 11.00 Family Guy 11.25 Family Guy 11.45 Clone 12.15 Last Man Standing 1.15 Dog Borstal 2.10 Grownups 2.40 Clone 3.10 Spendaholics 4.10 The Last Millionaire 5.10 Clone

BBC4
7.00 World News Today 7.00 Weather 7.30 Versailles Stories 8.00 The Thirties in Colour 9.00 Only Connect 9.30 Flight of the Conchords Special: One Night Stand 10.00 That Mitchell and Webb Look 10.30 Charlie Brooker's Screenwipe 11.20 Rather You Than Me 12.10 Only Connect 12.50 Charlie Brooker's Screenwipe 1.40 Rather You Than Me 2.40 Only Connect 3.10 Flight of the Conchords Special: One Night Stand 3.40 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Montel Williams Show 6.00 Judge Judy 7.00 Film: Hulk 12 (2003) 9.40 The Planet's Funniest Animals 10.00 I'm a Celebrity Get Me Out of Here 11.00 Film: Police Academy 5: Assignment Miami Beach PG (1988) 12.50 Entourage 1.20 Teleshopping 4.20 ITV2 Nightscreen

Sky1
1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Lion Man 5.30 Lion Man 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Atlantis 9.00 Ross Kemp on Gangs 10.00

Prison Break 11.00 Road Wars 12.00 Drugs Wars: DEA 1.00 Road Wars 1.50 Caribbean Uncovered 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Scar Tactics 4.45 America's Dumbest Criminals 5.10 Guilty!

G.O.L.D
1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 Only Fools and Horses 4.20 My Family 5.00 As Time Goes By 5.40 Some Mothers Do 'Ave 'Em 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 My Family 9.00 French and Saunders 10.05 Only Fools and Horses 11.10 The Royle Family 11.50 Little Britain 12.30 French and Saunders 1.35 The Royle Family 2.10 Little Britain 2.35 The Dick Emery Show 3.00 Close

TCM
1.00 Mrs Soffel PG (1984) 3.00 Hot Millions U (1968) 4.55 Ada PG (1961) 6.50 Logan's Run PG (1976) 9.00 Plenty 18 (1985) 11.15 Hysteria 15 (1965) 12.50 The Subterraneans 15 (1960) 2.50 The Power PG (1968) 5.30 Three Strangers PG (1946)

The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Wendy Wu: Homecoming Warrior PG (2006) Adventure, starring Brenda Song.

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MOVIES

Sky Movies Drama

6.00 Gypsy Woman 15 (2001) 7.30 Cleopatra 9.15 The Thing About My Sister 12 (2005) 11.00 Columbo: No Time to Die 15 (1992) With Peter Falk. 12.45 The Mermaid Chair 12 (2006) With Kim Basinger. 2.15 Undercover Angel PG (1998) With Dean Cain. 4.00 Oneing 12 (1999) With Ralph Fiennes. 6.00 A Thousand Acres 15 (1997) With Michelle Pfeiffer. 8.00 Georgia Rule 15 (2007) With Jane Fonda. 10.00 Edison 15 (2005) With Morgan Freeman. 11.45 Summer of Sam 18 (1999) With Mira Sorvino. 2.15 Body Count 18 (1998) With David Caruso. 3.45 Alex Zane's Guest List 4.15 One Special Night PG (1999)

Sky Movies Comedy

6.50 Project: ALF PG (1998) 8.25 Forces of Nature 12 (1999) 10.15 The Truth About Cats and Dogs 15 (1995) 11.55 Hot Shots! PG (1991) With Charlie Sheen. 1.25 Rush Hour 3 12 (2007) With Jackie Chan. 3.00 The Dream Team 15 (1999) With Michael Keaton. 4.55 Farse of the Penguins 15 (2006) With Samuel L. Jackson. 6.20 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 8.00 Hot Shots! PG (1991) With Charlie Sheen. 9.45 Rush Hour 3 12 (2007) With Jackie Chan. 11.20 Forces of Nature 12 (1999) With Sandra Bullock.

1.10 The Dream Team 15 (1989) With Michael Keaton. 3.05 The Most Fertile Man in Ireland 15 (1999) 4.45 Project: ALF PG (1996)

Sky Movies Action/horror

6.00 Johnny Handsome 15 (1989) 7.45 35MM 8.15 Walker, Texas Ranger: Trial by Fire 12 (2005) 10.00 Double Jeopardy 15 (1999) 11.50 Rocky II PG (1979) With Sylvester Stallone. 1.55 Walker, Texas Ranger: Trial by Fire 12 (2005) With Chuck Norris. 3.30 Once Upon a Time in the West 15 (1969) With Henry Fonda. 6.20 Johnny Handsome 15 (1989) With Mickey Rourke. 8.00 Double Jeopardy 15 (1999) With Ashley Judd. 10.00 Smokin' Aces 18 (2006) With Jeremy Piven. 11.55 McVicar 18 (1980) With Roger Daltrey. 2.00 Fear 18 (1996) With Mark Wahlberg. 3.50 35MM 4.20 Rocky II PG (1979)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 8.00 Champions League Weekly 8.30 Live International Cricket. India v England. 5.30 Football Asia 6.00 Revista De La Liga 7.00 Big Fight Countdown 7.15 Live Carling Cup Football. Burnley v Arsenal (Kick-off 7.45pm). 10.00 Big Fight Countdown 10.30 International Cricket 12.30 Big Fight Countdown 1.00 Carling Cup Football 2.30 Big Fight Countdown 3.00 World Motor Sport 5.30 Football Asia

Sky Sports 2

6.00 Live Test Cricket. Australia v New Zealand. 7.00 World Sports 7.30 Rugby: Sevens 12.00 Bowls 2.00 Pool 3.30 Soccer AM: The Best Bits 4.00 Aerobics Oz Style 5.30 Thinking Tackle 6.00 Sports Unlimited 7.00 NFL 9.00 Bowls 11.00 Snow Adventures 11.30 Mountain Bike World 12.00 Motor Racing 1.00 Snow Adventures 1.30 Mountain Bike World 2.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 WWE: Attitude 8.00 Thinking Tackle 9.00 Bowls 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Thinking Tackle 1.00 NFL: Total Access 2.00 Golf 3.00 NFL: 5.00 WWE: Smackdown 7.00 Mountain Bike World 7.30 Live Greyhound Racing. The Essex Vase Final. 10.00 Sports Unlimited 11.00 A-League 11.30 Football Asia 12.00 Revista De La Liga 1.00 British Motocross 2.00 Sports Unlimited 3.00 Close

British Eurosport

7.30 Yoz Magazine 8.00 Eurogoals 8.45 Women's International Football 9.45 Women's International Football 10.45 Women's International Football 11.45 Women's International Football 12.45 Eurogoals 1.30 Figure Skating 2.15 Figure Skating 3.00 Luge 3.30 Skeleton 4.30 World Rally Championship 5.00 Eurogoals 5.15 Football 5.30 Figure Skating 6.30 Figure Skating 8.00 Boxing 10.00 MotoGP 11.30 NEC Bike Show 12.30 Close

Sky Sports Xtra

6.30 World Motor Sport 9.00 IRB Rugby: Sevens 12.00 Bowls 2.00 Pool 3.30 Soccer AM: The Best Bits 4.00 Aerobics Oz Style 5.30 Thinking Tackle 6.00 Sports Unlimited 7.00 NFL 9.00 Bowls 11.00 Snow Adventures 11.30 Mountain Bike World 12.00 Motor Racing 1.00 Snow Adventures 1.30 Mountain Bike World 2.00 Close

(R) - repeat programme; (T) - programme with teletext subtitles; (S) - programme broadcast in stereo; (bw) - black and white.





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WED

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3 DEC

BBC1

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 10.30 State Opening of Parliament 2008. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (R) (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 Get 100; (T) The Owl. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Queen's Speech Broadcast By the Labour Party. (R) (T)
7.00 The ONE Show. (T)

7.30 Dom's on the Case of Dentists; (R) (T) BBC News; Regional News. (T)

8.00 Little Dorrit. The Merdles think they have ended Sparkler's relationship with Fanny by getting him a job. Meanwhile, his intended bride is busy trying to prevent Mrs General becoming her stepmother. Mr Dorrit orders Amy to stay in Venice, and Mrs Cennam comes under suspicion following Rigaud's disappearance. (T)
8.30 Wild About Your Garden. Nick Knowles and the team face their toughest challenge to date, as they set out to attract the rare red squirrel to the McLoughlin's barren garden in Dundee. Wildlife expert Ellie Harrison takes mum Donna and daughter Millana to the Cairngorms, one of the last strongholds of the red squirrel, to try to catch a glimpse of the animal. (T)

9.00 Rogue Traders. New series. Matt Allwright reveals how businesses can take customers for a ride, and confronts the con-men. In the first episode, the team uses hidden cameras to help expose gas fitters, electricians and locksmiths who are ripping off customers, including fraudsters who steal identities to work illegally on boilers. (T)
10.00 BBC News. (T)

10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. (T)

10.45 Medium. Jo introduces Allison to his new business partner Meghan Doyle and buys his wife a used car after hers breaks down. However, the Dubois family soon discovers that the car is at the centre of a horrific unsolved crime. Guest starring Kelly Preston. (T)
11.25 FILM: Maiden Voyage: Ocean Hijack (2004). Thriller, starring Casper Van Dien; (T) Weatherview. (T)

12.55 Sign Zone: Stephen Fry in America. (R) (T) 1.55 Sign Zone: The American Future: A History, by Simon Schama. (R) (T) 2.55 Sign Zone: The People's Hospital. (R) (T) 3.25 Sign Zone: Indian Food Made Easy. (R) (T) 3.55 Sign Zone: Credit Crash Britain - Property: The End of the Affair? (R) (T) 4.25 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) 7.00 Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrap. (R) (T) 7.25 Newsround; (T) Bernard. (R) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat. SDS. (R) (T) 8.45 Chuggington. (R) (T) 9.00 Harry and Toto. (R) (T) 9.10 Mama Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers; (R) (T) Fun with Phonics. (R) (T) 10.00 Something Special. (R) (T) 10.15 Get Squiggling. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Wildlife on Two. (R) (T) 11.30 FILM: Doctor in the House (1954). Medical comedy, starring Dirk Bogarde. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Bargain Hunt Famous Finds. (T) 5.55 Queen's Speech Broadcast. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Top Gear. Richard Hammond celebrates the 40th anniversary of the Ferrari Daytona. (R) (T) 8.00 Oceans. The first of two episodes exploring the Indian Ocean, which accounts for 13 per cent of the Earth's surface and covers 26 million square miles, visiting a 'coral nursery' along the way. (T) 9.00 Heroes. Part one of two. Peter and Nathan search for the Haitian. (T) 9.45 Heroes Unmasked. Hayden Panettiere and Jack Coleman rehearse stunts for the show. (T) 10.00 Outnumbered. Mum and Dad ban TV and computers for one whole day. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 After Rome: Holy War and Conquest. (R) (T) 12.20 Long Way Down. (R) (T) 1.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

The Home Show (C4, 8pm)

We may be in the middle of a credit crunch, with house prices supposedly tumbling across the land, but let's face it, there are still plenty of us who can't afford to get on the property ladder — and those of us already on it don't have the cash to move up. Thank goodness, then, for George Clarke. He's fronting this series, the latest in a long line of property shows from Channel 4, the home — pardon the pun — of such programmes. At least he's a new face for the station, rather than the familiar trio of Sarah Beeny, Kirstie Allsopp and Phil Spencer. George first came to prominence on Five's Build a New Life in the Country, but is far better suited to The Home Show. He is an architect, and puts his skills to good use here, redeveloping people's properties to turn them into dream homes — and he has just one month to do it in. This week he's in West London, where the four-storey townhouse belonging to Ian and Jen is badly in need of renovation. They both work from home, but haven't decorated the interior for three years, and now it's looking rather soulless. The couple have plenty of money to spend, but fear making an expensive mistake. With a bit of luck, George and colleague Angela Brady will be able to provide them with a chic, Parisian-style interior without wasting their cash.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 The Class. (R) (T) 8.55 Frasier. (R) (T) 9.00 Burning Questions. (R) (T) 9.35 Leonardo's Dream Machines; (R) (T) Burning Questions and Tate Modern. (R) (T) 10.35 My Big Gay Prom; (R) (T) Burning Questions. (R) (T) 11.30 Battlefront. (T) 12.00 News at Noon. (T) 12.35 Supernanny USA. (R) (T) 1.30 FILM: Please Sir! (1971). TV comedy spin-off, starring John Alderton. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Sid. 8.00 The Home Show. George Clarke breathes new life into a soulless four-storey west London townhouse for a couple who both work from home and haven't touched the interior since they moved in three years ago. (T) 9.00 The Devil's Whore. The country is in shock as Cromwell plots Charles I on trial for treason and becomes the first head of the Republican government. Dominic West and Peter Capaldi star. (T) 10.10 Desperate Housewives. (T) 11.10 4Music: Girls Aloud: Video Exclusive. (T) 11.15 Hollyoaks Later. (T) 12.20 4Music: Smirnoff Experience: New York. (R) 12.50 4Music: Transmission: Collaborations. 1.10 4Music: 4Play: The Making of Monkey. (R) (T) 1.25 4Music: What About Me? (R) (T) 1.55 FILM: Twisted (2004). Pre-miere. Thriller, starring Ashley Judd. 3.40 Minute Wonder: Handsworth Conversations. With Michael Douglas. (R) (T) 4.15 3 Minute Wonder: Rig Life. (R) (T) 4.50 3 Minute Wonder: Rig Life. (R) (T) 4.55 Countdown. (R) (T) 5.40 Making It. (R) 5.45 The Hoobs. (R) (T)

6.00 Milkshake! 6.00 Angels of Jarm; (R) (T) Little Lodgers. (R) (T) 6.10 Chiro. (T) 6.15 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.40 The Beeps. (R) (T) 6.50 Bert and Ernie's Great Adventures. (R) (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowerlots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.30 Rupert Bear. (R) (T) 8.45 Pocoyo. (R) (T) 8.50 Sailor Sid. (R) (T) 8.55 The Milky and Shake Show. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Zoo Days. (R) (T) 12.00 Britain's Vanishing Views. (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.15 FILM: Nightscream (1997). Thriller, with Casper Van Dien. (T) 5.00 Five News with Matt Barbet; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 Highland Emergency. The RAF fights to save two boys who have drifted out to sea; (T) 7.30 Five News Update. (T) 8.00 Combat Chefs. A suicide bombing in Afghanistan puts master chef Simon Hewitt on alert; (T) 8.00 Five News at 9. 9.00 Dangerous Adventures for Boys. Todd Carly and his 11-year-old son take control of a steam train. (T) 10.00 Ant & Dec: Where Did It All Go Right? The presenters' rise to fame. (T) 11.05 Police Interceptors. (R) (T) 12.05 Bad Beats and Killer Moves. 1.05 NHL. 3.45 FIM Motocross. 4.20 FIM Motocross. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Guest. (T) 2.30 Dickinson's Real Deal. (R) (T) 3.15 Spin Star. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
6.55 Queen's Speech Broadcast. By the Labour Party. (T)

7.00 Emmerdale. Stunned by their confrontation with Shane, Jasmine and Debbie are forced to act quickly when Ross arrives at the flat. Paddy is shocked to find out about Donna's affair, while the Dingles put their plan to rescue Aaron from the MacFarienes into action. (T)
7.30 Coronation Street. The day of Tony and Carla's wedding draws, and Steve uses the occasion as an excuse to antagonise Michelle, hoping to provoke her into leaving him. Sally loses her temper at the reception and tells Maria about Liam's infidelity - then shows her Rosie's mobile phone footage to prove it. Elsewhere, Ken criticises Peter over his lack of parenting skills. (T)

8.30 I'm a Celebrity Get Me Out of Here! Ant and Dec present the celebrity survival challenge, as the famous faces continue their three-week ordeal in the Australian jungle and say goodbye to another evicted team-mate. For him or her, it may be a big disappointment to be ousted so near to Friday's final, but it does mean an end to the tough daily tasks and dreaded Bush Tucker Trials. (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.40 Num3rs. When the bodies of five Asian girls are found washed up on the beach, the team fears one may be infected with avian flu. As the investigation progresses, Don discovers a link between the girls and the sextrade. Meanwhile, Amita considers a move to Harvard University. (T)

11.40 Carling Cup Highlights. Jim Rosenthal introduces action from the quarter-finals, as the sides looked to move a step closer to the final at Wembley Stadium in London. With commentary by Jon Champion, and analysis from Robbie Earle. (T)

12.30 Nightwatch with Steve Scott: Emergency. (R) (T) 1.25 Quincy ME; (R) (T) ITV News Headlines. 2.20 Loose Women. (R) 3.05 The Jeremy Kyle Show. (R) (T) 4.00 ITV Nightscreen.

LOCAL

Best of the Rest

MOVIES

SPORT

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 13000 News 1415 Amor e Intrigas 1500 Paixões Proibidas 1545 Portugal no Coração 1800 Portugal em Directo 1900 O Preço Certo 2000 News 2100 Em Reportagem 2130 Jogo Duplo 2230 Conversas com Mário Soares 2330 Quarto Crescente 0030 Courage Under Fire, film 0230 A Era de Sida 0330 Portugal no Coração 0500 National Geographic: A Evolução da Vida 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consócio 1600 Handball: Women Europe Championship 1715 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic: Evolução da Vida 2200 News 2240 Special Especial 2400 0115 Clube de Jornalistas 0115 Universidades 0145 Remix Stand Ups 0215 Biofísica 0300 Bastidores: Making Of 0245 Euronews 0415 Sociedade Civil 0545 Consócio 0615 A Fé dos Homens

SI
0600 SIC Notícias 0800 Sic Kids 0930 Dia Em Grande 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pure 1600 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 Tá a Gravar 2215 Pódia Acabar o Mundo 2315 A Favorita 0030 CSI New York, series 0130 CSI Las Vegas, series 0230 Todos em Linha 0430 Ciranda de Pedra

TVI
0700 Diário Da Manhã 1015 Voz na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Flor do Mar 2245 Felício de Amor 2345 Olhos nos Olhos 0030 Braveheart, film 0245 Sempre a Soma 0415 TVI Negócios 0430 The Beast, mini-series 0530 Telesale

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 The Real Hustle: High Stakes 8.30 The Real Hustle: High Stakes 9.00 The Last Millionaire 10.00 Heroes 10.45 Family Guy 11.10 Family Guy 11.30 Last Man Standing 12.30 The Last Millionaire 1.30 Clone 2.00 The Real Hustle: High Stakes 2.30 The Real Hustle: High Stakes 3.00 Dog Bortal 4.00 Last Man Standing 5.00 Clone

BBC4
7.00 World News Today 7.00 Weather 7.30 Nation on Film 8.00 Venice 9.00 Travels with Vasari 10.00 Film: 36 15 (2004) 11.45 Travels with Vasari 12.45 Venice 1.45 Vivaldi's Women 2.45 Travels with Vasari 3.45 Clone

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.00 Sally Jessy Raphael 5.15 The Montel Williams Show 6.00 Judge Judy 7.00 Smallville 8.00 Film: Babe: Pig in the City PG (1998) 9.45 Sugababes: The Hot Desk 10.00 I'm a Celebrity Get Me Out of Here Now! 11.00 Film: Dante's Peak 12 (1997) 1.10 Coronation Street 2.00 Teleshopping 5.00 ITV2 Nightscreen

Sky1
1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Lion Man 5.30 Lion Man 6.00 Malcolm in the Middle 6.30

Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Diary of a Mail Order Bride 10.00 Surviving 11.00 Britney: For the Record 12.30 Road Wars 1.30 Road Wars 2.25 Caribbean Uncovered 3.20 Stargate SG-1 4.15 Stargate SG-1 5.05 Bite Size Brainiac 5.10 Guilty! **G.O.L.D**

1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 Only Fools and Horses 3.45 My Family 4.25 To the Manor Born 5.05 As Time Goes By 5.40 Some Mothers Do 'Ave 'Em 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 My Family 9.00 Only Fools and Horses 9.45 Only Fools and Horses 10.50 The Royle Family 11.30 Gimme Gimme Gimme 12.10 Only Fools and Horses 12.55 Only Fools and Horses 2.00 The Royle Family 2.30 Gimme Gimme Gimme 3.00 Clone **TCM**

1.00 International Velvet PG (1978) 3.00 Designing Woman U (1957) 5.05 The VIPs U (1963) 7.15 Code Name: Emerald PG (1985) 9.00 Come 15 (1978) 11.00 Ramsom PG (1956) 12.55 Demon Seed 15 (1977) 2.45 Love Me or Leave Me PG (1955) 5.00 The Two Mrs Carralls PG (1947)

The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Twitches U (2005) Fantasy adventure, starring Tia and Tamera Mowry.

Sky Movies Drama

6.00 Borderline Normal 15 (1999) 7.45 The Perfect Wife PG (2000) 9.30 Julia Special 10.00 The Gingerbread Man 15 (1998) 12.00 Columbo: Butterfly in Shades of Grey PG (1993) With Peter Falk. 1.45 In from the Night 12 (2006) With Marcia Gay Harden. 3.30 Breaking and Entering 15 (2006) With Jude Law. 5.30 35MM 6.00 What Dreams May Come 15 (1998) With Robin Williams. 8.00 World Trade Center 12 (2006) With Nicolas Cage. 10.15 The Sentinel 12 (2006) With Michael Douglas. 12.15 Bringing Out the Dead 18 (1999) With Nicolas Cage. 2.30 Last Seduction II 18 (1997) With Joan Severance. 4.15 Loss of Faith PG (1997)

Sky Movies Comedy

6.20 Milk 15 (1998) 8.00 Legal Eagles PG (1986) 10.00 Coneheads PG (1993) 11.35 National Lampoon's Animal House 15 (1978) With John Belushi. 1.30 Wild Hogs 12 (2007) With John Travolta. 3.15 Hot Shots! Part Deux PG (1993) With Charlie Sheen. 4.50 Fast Times at Ridgemont High

18 (1982) With Sean Penn. 6.25 Coneheads PG (1993) With Dan Aykroyd. 8.00 Hot Shots! Part Deux PG (1993) With Charlie Sheen. 9.45 Wild Hogs 12 (2007) With John Travolta. 11.30 National Lampoon's Animal House 15 (1978) With John Belushi. 1.20 Fast Times at Ridgemont High 18 (1982) With Sean Penn. 2.55 Milk 12 (1994) With James Fleet. 4.40 Legal Eagles PG (1986)

Sky Movies Action/Thriller

6.30 Superman Returns 12 (2006) 9.15 The River Wild 12 (1994) 11.20 Torn Curtain 15 (1966) With Paul Newman. 1.40 Rocky III PG (1982) With Sylvester Stallone. 3.35 Mr Nice Guy 15 (1997) With Jackie Chan. 5.20 The River Wild 12 (1994) With Meryl Streep. 7.25 Superman Returns 12 (2006) With Brandon Routh. 10.00 Shoot 'Em Up 18 (2007) With Clive Owen. 11.40 Mr Nice Guy 15 (1997) With Jackie Chan. 1.15 In Dreams 18 (1999) With Annette Bening. 3.00 Gridlock'd 18 (1997) With Tupac Shakur. 4.40 Rocky III PG (1982)

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big Fight Countdown 9.30 Carling Cup Football 11.00 Revista De La Liga 12.00 Big Fight Countdown 12.30 Carling Cup Football 2.00 Big Fight Countdown 2.30 A-League 3.00 Carling Cup Football 4.30 Big Fight Countdown 5.00 Revista De La Liga 6.00 European Top Weekly 6.30 De La Hoya v Pacquiao 24/7 7.00 Live Carling Cup Football. Watford v Tottenham Hotspur (Kick-off 7.45pm). 10.00 De La Hoya v Pacquiao 24/7 10.30 You're on Sports! 11.30 FIFA Futbol Mundial 12.00 De La Hoya v Pacquiao 24/7 12.30 Carling Cup Football 2.00 Poker Million 4.00 De La Hoya v Pacquiao 24/7 4.30 Sports Unlimited 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 WWE Vintage Collection 8.00 Motor Racing 9.00 Snow Adventures 9.30 Mountain Bike World 10.00 British Motocross 11.00 Poker Million 1.00 British Motocross 2.00 Motor Racing 3.00 Poker Million 5.00 NFL: Total Access 6.00 Transworld Sport 7.00 Total Rugby 7.30 Live International Rugby Union: Barbarians v Australia (Kick-off 7.45pm). 10.00 Transworld Sport 11.00 NFL: Total Access 12.00 Total Rugby 12.30 International Rugby Union 2.00 Transworld Sport 3.00 Total Rugby 3.30 Clone

Sky Sports 3

9.00 Equestrian 10.00 Sports Unlimited 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Sports

Unlimited 1.00 NFL: Total Access 2.00 Snow Adventures 2.30 Mountain Bike World 3.00 Sports Unlimited 4.00 British Motocross 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Equestrian 8.00 Ten Pin Bowling 9.00 Motor Sport 10.00 BMX: Road to Beijing 11.00 Ten Pin Bowling 12.00 Powerboating 1.00 Ironman Triathlon 2.00 BMX: Road to Beijing 3.00 Motor Sport 4.00 Clone

British Eurosport

7.30 WATTS 8.00 UEFA Cup Football 8.30 UEFA Cup Football 9.00 Eurogoals 9.45 Women's International Football 11.30 UEFA Cup Football 12.00 Football 12.15 Skeleton 1.15 Luge 1.45 Eurogoals 2.30 UEFA Cup Football 3.00 UEFA Cup Football 3.30 Cross-Country Skiing 4.15 Live Biathlon. World Cup coverage from Ostersund. 6.00 Eurogoals 6.15 WATTS 6.30 Olympic Magazine 7.00 F1: The Factory 8.00 Wednesday Selection 8.05 Show Jumping 9.05 Riders Club 9.10 Golf Club 9.15 Sailing 9.45 Sailing 9.50 Yacht Club 10.00 Olympic Magazine 10.30 UEFA Cup Football 11.30 Alpine Skiing 12.30 Clone

Sky Sports Xtra

1.00 Equestrian 2.00 Pool 3.30 Suzuki Swift Cup 4.00 Snow Adventures 4.30 Aerobics Oz Style 5.00 Powerboating 6.00 Snow Adventures 6.30 Suzuki Swift Cup 7.00 BMX: Road to Beijing 8.00 Motor Racing 9.00 Powerboating 10.00 Watersports World 11.00 Snow Adventures 11.30 Suzuki Swift Cup 12.00 Max Power 1.00 Snow Adventures 1.30 Suzuki Swift Cup 2.00 Equestrian 3.00 Motor Racing 4.00 Clone

The latest headlines at

www.the-news.net



(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

Everything in English



707
500
600

THU

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4 DEC

BBC1

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Buy It, Sell It, Bank It? (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 Raven. (T) 4.35 Election. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

6.55 Queen's Speech Response. By the Conservative Party. (R) (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Roxy breaks down in tears after learning Amy has taken a turn for the worse, and Jack pays Jim a long overdue visit in the nursing home, before turning up at the hospital to demand a paternity test. Jane visits Tanya in prison, while Peter is busy writing his speech for the debate. Shirley struggles with news of Suzy's pregnancy and fears she has lost her chance with Phil; (T) BBC News; Regional News. (T)

8.00 Little Dorrit. Mr Merdle offers to help Mr Dorrit settle his fortune, but Amy's father's delight at his place in society is soon overshadowed by reminders of his Marshalsea debtors' past. Arthur hires Pancks to find Miss Wade, in the hope that she will lead him to Rigaud and so exonerate his mother. (T)

8.30 The People's Hospital. How the nurses at Whipps Cross Hospital in east London look after the long-term sick, featuring two men in the respiratory ward who battle their diseases with humour and courage. Narrated by Martin Kemp. (T)

9.00 Apparitions. Jacob is called to an abortion clinic, where he discovers a pregnant girl possessed by unborn demons. With the prophecy from his night in prison in mind, he tries to perform an exorcism in the operating theatre. Meanwhile, a disabled rights campaigner, with whom Michael served in Bosnia, informs him that Satan wants him back. Drama, starring Martin Shaw and Rick Warden. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week; (T) Skiing Weather. (T)

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Watchdog. (R) (T) 1.25 Sign Zone: Countryside. (R) (T) 2.20 Sign Zone: An Island Pariah. (R) (T) 2.50 Sign Zone: Credit Crash Britain - Food Fight: The Discount Boom. (R) (T) 3.20 Sign Zone: Helicopter Heroes. (R) (T) 4.05 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat: SDS. (R) (T) 8.45 Chuggington. (R) (T) 9.00 Harry and Toto. (T) 9.10 Mama Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers; (R) (T) Fun with Phonics. (R) (T) 10.00 Something Special. (R) (T) 10.15 Get Squiggling. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Maths Channel. (T) 11.10 BBC Primary Geography. (T) 11.30 Something Special. (T) 11.45 What? Where? When? Why? (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Real Rescues. (R) (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Bargain Hunt Famous Finds. (T) 5.55 Queen's Speech Response. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 A Woman in Love and War: Vera Brittain. Jo Brand explores the writer's tragic story. (R) (T) 8.00 Oceans. The impact of the Indian Ocean's tides and currents on coastal areas. (T) 9.00 Never Mind the Buzzcocks. With guest captain Dermot O'Leary. (T) 9.30 The Graham Norton Show. The host is joined by music veteran Barry Manilow, who will be performing and discussing his forthcoming shows at the O2 arena in London. (T) 10.00 Lead Balloon. Rick becomes a new man after a near-death experience. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Louis Theroux: Law and Disorder in Philadelphia. (R) (T) 12.30 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Star Stories (C4, 10pm)

Shout it from the rooftops: one of the brightest comedy shows of the past few years is back for a new series. In the first run, the likes of Steve Edge and Kevin Bishop lampooned the Beckhams, George Michael, Catherine Zeta-Jones, Guy Ritchie, Sadie Frost and Jennifer Aniston. The second series last year proved to be just as much fun, as Take That, Tom Cruise, Simon Cowell and Britney Spears were sent up royally. Now series three kicks off, and the team take pot-shots at Elton John (played by the absurdly talented Bishop). We follow him as he does the rounds of celebrity parties before settling down to help other troubled stars such as George Michael, Liz Hurley and Posh Spice. There's an insight into how Diana, Princess of Wales supported this Patron Saint of Celebrities, and led him to a meeting with long-term partner David Furnish (Edge). In the past the show has picked up Best New Comedy at the 2006 British Comedy Awards and Bishop was nominated as Best Newcomer. Expect more praise for this run as the weeks go by.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 The Class. (R) (T) 8.55 Frasier; (R) (T) Burning Questions. (R) (T) 9.35 Leonardo's Dream Machines; (R) (T) Burning Questions and Tate Modern. (R) (T) 10.35 My Big Gay Prom; (R) (T) Burning Questions. (R) (T) 11.30 Battlefront. (T) 12.00 News at Noon. (T) 12.35 Grudge Match. 12.45 Supernanny USA. (R) (T) 1.40 FILM: The Sun Shines Bright (1953). Period drama, starring Charles Winger. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. 8.00 A Place in the Sun: Home or Away. Properties in Devon and France. (R) (T) 9.00 The Fun Police. Cutting Edge looks at the work of the Health and Safety Executive at its Buxton laboratories, following inspectors, consultants and council officials who work to protect people from harm. (T) 10.00 Star Stories. New series. A comic overview of Elton John's career. (T) 10.35 Hollyoaks Later. (T) 11.40 Music: Lily Allen: Video Exclusive. 11.45 Fonejaek. (T) 12.15 The Law of the Playground. (R) (T) 12.45 FILM: Breakfast on Pluto (2005). Premiere. Comedy drama, starring Cillian Murphy. 3.05 FILM: Music of the Heart (1999). Fact-based drama, starring Meryl Streep. (T) 5.00 Countdown. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Angels of Jarm. (R) (T) 6.10 Chiro. (T) 6.15 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.40 The Beeps. (R) (T) 6.50 Bert and Ernie's Great Adventures. (R) (T) 6.55 The Adventures of Bottle Top Boy and His Best Friend Corky. (T) 7.10 Roari the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowerbuds. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.30 Rupert Bear. (R) (T) 8.45 Pocoyo. (R) (T) 8.55 The Milky and Shake Show. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Zoo Days. (R) (T) 12.00 Britain's Vanishing Views. (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.00 FILM: The Sign of Four (1983). Sherlock Holmes mystery, with Ian Richardson. (T) 5.00 Five News with Matt Barbet; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 Live UEFA Cup Football. Aston Villa v MSK Zilina (Kick-off 7.45pm). Colin Murray introduces coverage of this evening's Group F encounter at Villa Park, the third fixture of the group campaign for both teams. (T) 10.00 FILM: Double Team (1997). An anti-terrorist agent teams up with an arms dealer to find the criminal responsible for kidnapping his pregnant wife. Action adventure, with Jean-Claude Van Damme and Dennis Rodman. Includes Five News Update at 10.55. (T) 12.05 Quiz Call. 4.00 V8 Supercars. 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1500 Paixões Proibidas 1645 Portugal no Coração 1800 Portugal em Direto 1900 O Preço Certo 2000 News 2100 Grande Entrevista 2135 Jogo Duplo 2320 Os Contemporâneos 2330 Corredor do Poder 0015 Two Week's Notice, film 0215 A Era da Sida 0315 Portugal no Coração 0445 National Geographic: Eco-Engineering 0605 Nôs

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consócio 1600 Cuidado com a Língua 1630 Euronews 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic: World's Deadliest Animals 2200 News 2240 Supernatural, series 2330 Balcão & Contas 0030 Notícias da Dois 0115 Universidades 0145 Remix Stand Ups 0215 Iniciativa 0300 Euronews 0545 Consócio 0615 A Fé dos Homens SIC

0600 Sic Notícias 0800 Sic Kids 0930 Dia Em Grande 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1600 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 Tá a Gravar 2215 Podia Acabar o Mundo 2315 A Favorita 0045 CSI New York, series 0145 Cartaz Cultural 0230 Todos em Linha 0430 Ciranda de Pedra TVI

0700 Diário Da Manhã 1015 Vozê na TV 1300 News 1400 As Tardes de Júlia 1700 Quem Quer Ganha 1815 Morangos Com Açúcar 2000 News 2130 Flor do Mar 2245 Fêlito de Amor 2345 Olhos nos Olhos 0030 NCIS, series 0145 Até que a Morte nos Separe 0215 Cartaz das Artes 0245 Sempre a Somar 0415 TVI Negócios 0430 The Beast, mini-series 0530 TeleSales

Best of the Rest

BBC3

7.00 The Best of Top Gear 8.00 Last Man Standing 9.00 How to Rob a Bank 10.00 EastEnders 10.30 The Real Hustle: High Stakes 11.00 Family Guy 11.25 Family Guy 11.45 How to Rob a Bank 12.45 Last Man Standing 1.45 The Real Hustle: High Stakes 2.15 The Last Millionaire 3.10 Filthy Rich and Famous 4.10 Doo Bortal 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.40 The New Avengers 8.30 Beechings' Tracks 9.00 Growing Babies: War in the Womb 10.00 Department Store 11.00 BBC Four Sessions 12.00 Growing Babies: War in the Womb 1.00 Film: 36 15 (2004) 2.45 Growing Babies: War in the Womb 3.45 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Montel Williams Show 6.00 Judge Judy 7.00 Smallville 8.00 Film: Inspector Gadget U (1999) 9.35 The Planet's Funniest Animals 10.00 I'm a Celebrity Get Me Out of Here Now! 11.00 Film: Bird on a Wire 15 (1990) 1.15 Entourage Uncovered 1.40 Teleshopping 4.40 ITV2 Nightscreen

Sky1

1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Lion Man 5.30 Lion Man 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Are You

Smarter Than a 10 Year Old? 9.00 Gangsters' Wives 10.00 Bones 11.00 Fringe 12.10 Road Wars 1.10 Road Wars 2.00 Caribbean Uncovered 2.50 America's Dumbest Criminals 3.15 Bite Size Brainiac 3.30 Stargate SG-1 4.20 Stargate SG-1 5.10 Gullit!

G.O.L.D

1.15 Last of the Summer Wine 1.55 Last of the Summer Wine 2.35 Only Fools and Horses 3.40 My Family 4.20 To the Manor Born 5.00 As Time Goes By 5.40 Some Mothers Do 'Ave 'Em 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 My Family 9.00 dinnerdinner 9.45 Only Fools and Horses 10.50 The Royle Family 11.30 Gimme Gimme Gimme 12.10 dinnerdinner 12.55 The Royle Family 1.35 Gimme Gimme Gimme 2.10 Little Britain 2.40 The Dick Emery Show 3.00 Close

TCM

1.00 It Started with a Kiss PG (1959) 3.00 Seven Brides for Seven Brothers U (1954) 4.50 Little Women U (1949) 7.00 The Sunshine Boys PG (1975) 9.00 Pat Garrett and Billy the Kid 15 (1973) 11.15 Children of the Damned 15 (1964) 12.55 The Last Run 15 (1971) 2.45 Action in the North Atlantic PG (1943) 5.00 The Secret Garden U (1949)

The Disney Channel

Kids' programmes from 7am, except: 8.00 Film: High School Musical 2 U (2007) Teenage comedy sequel, starring Zac Efron.

MOVIES

Sky Movies Drama

6.00 The Girl Next Door 15 (1998) 7.45 The Top 10 Show 8.00 Imaginary Playmate 12 (2006) 9.30 Baby It's You 15 (1983) 11.30 Colombo: Undercover PG (1994) With Peter Falk. 1.15 Alex Zane's Guest List 1.45 Ruby 15 (1992) With Danny Aiello. 3.45 Havana PG (1990) With Robert Redford. 6.15 Thank You for Smoking 15 (2005) With Aaron Eckhart. 8.00 The Holiday 12 (2006) With Cameron Diaz. 10.15 Things to Do in Denver When You're Dead 18 (1995) With Andy Garcia. 12.15 Catch a Fire 12 (2006) With Derek Luke. 2.15 Wild at Heart 18 (1990) With Nicolas Cage. 4.30 The Simple Life of Noah Dearborn PG (1999)

Sky Movies Comedy

6.40 Let's Make Love U (1960) 8.40 On the Nose 15 (2000) 10.35 The Muse PG (1999) 12.25 Magicians 15 (2007) With Robert Webb. 2.00 Mr Woodcock 12 (2007) With Billy Bob Thornton. 3.30 Idiocracy 15 (2006) With Luke Wilson. 5.00 Reno 911!: Miami 15 (2007) With Carlos Alazraqui. 6.25 Magicians 15 (2007) With Robert Webb. 8.00 Mr Woodcock 12 (2007)

With Billy Bob Thornton. 9.30 Idiocracy 15 (2006) With Luke Wilson. 11.00 Reno 911!: Miami 15 (2007) With Carlos Alazraqui. 12.30 Chubby Goes Down Under 18 (1998) With Roy 'Chubby' Brown. 2.05 The Muse PG (1999) With Albert Brooks. 3.55 Let's Make Love U (1960)

Sky Movies Action/Thriller

6.25 The Hunter 15 (1980) 8.15 Cries in the Dark 12 (2006) 10.05 Brotherhood 15 (2004) 12.45 35MM 1.15 Rocky IV PG (1985) With Sylvester Stallone. 3.00 Night of Terror 18 (2006) With Mitzi Kapner. 4.40 The Hunter 15 (1980) With Steve McQueen. 6.30 Excalibur 15 (1981) With Nigel Terry. 9.00 The Avengers 12 (1998) With Ralph Fiennes. 10.35 Death Proof 18 (2007) With Kurt Russell. 12.40 The Corruptor 18 (1999) With Chow Yun-Fat. 2.35 Frenzy 18 (1972) With Jon Finch. 4.35 Rocky IV PG (1985)



Sky Sports 1

6.00 Good Morning Sports Fans 9.00 De La Hoya v Pacquiao 24/7 9.30 Carling Cup Football 11.00 Transworld Sport 12.00 De La Hoya v Pacquiao 24/7 12.30 Carling Cup Football 2.00 De La Hoya v Pacquiao 24/7 2.30 FIFA Futbol Mundial 3.00 Carling Cup Football 4.30 De La Hoya v Pacquiao 24/7 5.00 FIFA Futbol Mundial 5.30 Carling Cup Special 6.30 Big Fight Countdown 7.00 Live European Rugby Union. Montpellier v Toulon (Kick-off 7.45pm). 10.00 Big Fight Countdown 10.30 Carling Cup Special 11.30 Soccerex 2008 12.00 Big Fight Countdown 12.30 Premier League World 1.00 Live NFL. San Diego Chargers v Oakland Raiders (Kick-off 1.15am). 4.30 Big Fight Countdown 5.00 Carling Cup Special

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 WWE: Experience 8.00 Watersports World 9.00 Snow Adventures 9.30 Suzuki Swift Cup 10.00 Powerboat 11.00 Ironman Triathlon 12.00 European Tour Wheelie 12.30 Ten Pin Bowling 1.30 World Motor Sport 4.00 Ironman Triathlon 5.00 NFL: Total Access 6.00 Snow Adventures 6.30 Airsports World 7.00 Soccerex 2008 7.30 Live Horse Racing. From Great Leighs Racecourse. 9.30 Airsports World 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 European Rugby Union 3.00 Race World 4.00 Soccerex 2008 4.30 Close

Sky Sports 3

7.00 Motor Racing 8.00 Equestrian 9.00 Total Rugby 9.30 International Rugby Union 11.00 Racing News

SPORT

11.30 Aerobics Oz Style 12.00 Watersports World 1.00 NFL: Total Access 2.00 Snow Adventures 2.30 Suzuki Swift Cup 3.00 Motor Sport 4.00 Ten Pin Bowling 5.00 WWE Vintage Collection 6.00 Legends Motor Racing 6.30 Equestrian 7.30 Carling Cup Special 8.30 Premier League World 9.00 WWE: Late Night - Raw 11.00 Extreme Championship Wrestling 12.00 Carling Cup Special 1.00 Soccerex 2008 1.30 Premier League World 2.00 Poker 4.00 Close

British Eurosport

7.30 Olympic Magazine 8.00 Fencing 8.30 F1: The Factory 9.30 UEFA Cup Football 10.30 Biathlon 12.00 UEFA Cup Football 12.45 UEFA Cup Football 1.30 NEC Bike Show 2.30 euroCRASH! 2.45 Alpine Skiing 3.45 Alpine Skiing 4.15 Live Biathlon. World Cup coverage from Ostertund. 6.00 Eurogoals 6.15 Live Alpine Skiing. World Cup coverage from Beaver Creek. 7.00 Live Women's International Football. The opening Under-20s World Cup semifinal (Kick-off 7.00pm). 9.00 World Rally Championship 9.30 Live Alpine Skiing. The World Cup meeting from Beaver Creek. 10.15 UEFA Cup Football 11.15 Biathlon 12.00 World Rally Championship 12.30 Close

Sky Sports Xtra

9.00 Motor Sport 10.00 Motor Racing 11.00 BMX: Road to Beijing 12.00 Equestrian 1.00 Powerboating 2.00 Pool 3.30 Total Rugby 4.00 Snow Adventures 4.30 Aerobics Oz Style 5.00 Transworld Sport 6.00 Netball 8.00 Transworld Sport 9.00 Race World 10.00 Netball 12.00 Snow Adventures 12.30 Legends Motor Racing 1.00 Race World 2.00 Snow Adventures 2.30 Equestrian 3.30 Legends Motor Racing 4.00 Close

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5 DEC

BBC1

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Buy It, Sell It, Bank It? (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 The Revenge Files of Alistair Fury. (R) (T) 4.35 Dani's House. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 6.55 Queen's Speech Response. By the Liberal Democrats. (R) (T) 7.00 The ONE Show. (T)

7.30 A Question of Sport. With Olympic cycling gold medalist Rebecca Romero, Reading footballer Kevin Doyle, 2005 world snooker champion Shaun Murphy and England rugby union international Joe Worsley. (T) BBC News; Regional News. (T)

8.00 EastEnders. Roxy is adamant that Jack will never be part of Amy's life, even if he is the father. Suzi discovers Ahmet has taken her dog and is demanding the return of the gold bar, while Whitney's gaze is fixed on Tony during her show-stopping turn in the school play. Miserly Ian declares Christmas is cancelled after Jane treats Peter to a mobile phone. (T)

8.30 Parents of the Band. The teenagers rehearse for their first gig and Jack develops a crush on Eddie's sister, while their parents continue to squabble over the band's future. Comedy, starring Jimmy Nail. (T)

9.00 Have! Got News for You. Ian Hislop and Paul Merton are joined by comedian, director and scriptwriter Andy Hamilton and it.comedy award-winner Sarah Millican. David Mitchell guest hosts. (T)

9.30 Gavin & Stacey. Smithy and Nessa visit the hospital for their ultrasound scan. Stacey looks forward to a trip to her family home after she struggles to adjust to life as an "Essex wife". (T) BBC News. (T)

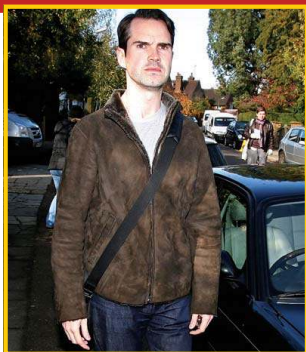
10.00 Regional News; Weather. (T) 10.35 Live at the Apollo. Stand-up show from the Hammersmith Apollo. (T)

11.20 The National Lottery EuroMillions Draw. Carole Machin presents the National Lottery EuroMillions weekly draw. (T)

11.25 Not Going Out. Lee pretends to be gay to find out more about a new business acquaintance - but only because his reward for doing so is tickets to Wembley. His deception is soon uncovered and he is taken to a "specialist" club to test his alleged sexuality. Comedy, starring Lee Mack and Sally Bretton. (R) (T)

11.55 FILM: The Legend 2 (1993). Action comedy sequel, starring Jet Li. Dubbed in English; (T) Weatherview. (T)

1.30 Sign Zone: James May's Big Ideas. (R) (T) 2.30 Sign Zone: Horizon. (R) (T) 3.30 Sign Zone: Credit Crash Britain - Slumpbusters. (R) (T) 4.00 Sign Zone: Helicopter Heroes. (R) (T) 4.45 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kanpor. (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat: SDS. (R) (T) 8.45 Chuggington. (R) (T) 9.00 Harry and Toto. (R) (T) 9.10 Mamma Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers. (R) (T) 9.55 Fun with Phonics. (R) (T) 10.00 Something Special. (R) (T) 10.15 Get Squiggling. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Words and Pictures. (R) (T) 11.10 Focus; (T) Co-operation. (R) 11.20 Focus. (T) 11.30 BBC Primary Geography. (T) 11.40 See You, See Me. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Real Rescues. (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flag II. (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Bargain Hunt Famous Finds. (T) 5.55 Queen's Speech Response. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Price Comparison Sites: Deal or No Deal? Investigating websites that compare prices. (T) 7.30 An Island Parish. The Reverend David's future is decided. Last in the series. (T) 8.00 Mastermind. Topics include WVC Fields and Jonathan Creek. (T) 8.30 Gardeners' World. Competing for the title Gardener of the Decade. Last in the series. (T) 9.00 The Barriers. An assault and battery case. Last in the series. (T) 10.00 Q. Highlights of the fifth series. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 The Culture Show Uncut. (T) 12.20 BBC Four Sessions. (T) 1.20 Star Trek: The Next Generation. (R) (T) 2.50 FILM: Hercules in New York (1969). Comic adventure, starring Arnold Schwarzenegger. (T) 4.20 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 The Class. (R) (T) 8.55 Frasier; (R) (T) Burning Questions. (R) (T) 9.35 We Are Together; (R) (T) Tate Modern. (R) (T) 11.30 Battlefront. (T) 12.00 News at Noon. (T) 12.35 Supernanny USA. (R) (T) 1.30 FILM: Kidnapped (1971). Period adventure, starring Michael Caine. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Seyi Rhodes visits southern Thailand to learn about a religious conflict that has claimed more than 3,000 lives since 2004, interviewing people affected by the violence. (T) 8.00 Come Dine with Me. A homemade feast and Caribbean cooking in Plymouth. (T) 9.00 Gordon Ramsay: Cookalong Live. Comedian Alan Carr joins the chef for curry night. (T) 10.00 The IT Crowd. The friends find their lives heading in different directions. (T) 10.35 Jimmy Carr Live: Comedian. (T) 12.15 Star Stories. (R) (T) 12.45 4Music: The Album Chart Show Special: DJs. (T) 1.20 4Music: Beat Stevie. (T) 1.35 4Music: JD Set Presents Shortwave Set. 1.50 Goalsismo. (T) 2.50 KOTV. (T) 3.15 Transworld Sport. (R) (T) 4.10 Beach Volleyball. 4.35 Freeports on 4. (R) (T) 5.00 Countdown. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Angels of Jarr. (R) (T) 6.10 Chiro. (T) 6.15 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.40 The Beeps. (R) (T) 6.50 Bert and Ernie's Great Adventures. (R) (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowerlots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.30 Rupert Bear. (R) (T) 8.45 Pocoyo. (R) (T) 8.55 The Milky and Shake Show. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Zoo Days. (R) (T) 12.00 Britain's Vanishing Views. (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 FILM: The Legend of Sleepy Hollow (1999). Spooky adventure, with Brent Carver. (T) 5.00 Five News with Matt Barbet; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 Demolition Squad. A Bradford office block is torn down; (R) (T) 7.30 Five News Update. (T) 8.00 World's Strongest Man Super Series. Viking Power Super Series in Storefjell, Norway; (T) 8.00 Five News at 9. 9.00 NCIS. The murder of a Marine's wife is shown live over the Internet, and inquiries point to two housewives who were running their own pornographic website, but have since vanished. (R) (T) 10.00 Law & Order: Special Victims Unit. A psychic helps search for a missing girl. (T) 11.00 Law & Order: Special Victims Unit. (T) 12.00 Quiz Call. 4.00 Wildlife SOS. (R) (T) 4.25 Royal Institution Christmas Lectures 2006. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Guest. (T) 2.30 Dickinson's Real Deal. (R) (T) 3.15 Spin Star. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 6.55 Queen's Speech Broadcast. By the Liberal Democrat Party. (T)

7.00 Emmerdale. Ross has a frank conversation with Paddy about his fling with Donna and makes a tough decision. Jasmine, Eli and Debbie have a close call when they are almost caught discussing how to get rid of the body, while Aaron tells a dismayed Chas he wants to live with his father. (T)

7.30 Coronation Street. Maria tackles Rosie about Liam's affair, but does not like what she is told. Tina worries about the amount of cash Joe is splashing out on Gail's new kitchen, and Peter sets three alarm clocks to ensure he gets Simon up and ready for school on time. (T)

8.00 The 12 Crimes of Christmas: Tonight. (T)

8.30 I'm a Celebrity Get Me Out of Here! After three gruelling weeks in the steamy, insect-ridden camp in the wilds of Australia, the three surviving celebrities face a final Bushtucker Trial before the public vote decides who will be crowned King or Queen of the Jungle. Ant and Dec present. Last in the series. (T)

10.30 TV's Naughtiest Blunders. Neil Morrissey introduces more uncensored clips of celebrity bloopers swept up from the cutting room floor, revealing that even the biggest stars have their frailties. (R) (T)

11.00 The Late News and Weather. (T) 11.30 London News and Weather. (T) 11.45 FILM: Lock Up (1989). Prison thriller, starring Sylvester Stallone. (T)

1.35 Planet Rock Profiles. (T) 2.00 Planet Rock Profiles. (T) ITV News Headlines. 2.30 FILM: One Million Years BC (1966). Prehistoric adventure, starring Raquel Welch. (T) 4.15 ITV Nightscreen.

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LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1500 Paixões Proibidas 1545 Portugal no Coração 1800 Portugal em Directo 1910 O Preço Certo 2000 News 2100 Jogo Duplo 2200 Olha quem Dança! 0000 Unforgiven, film 0200 Ride the High Country, film 0400 Portugal no Coração 0530 Império dos Elefantes

RTP2
0715 Zig Zag 1400 Sociedade Civil 15001530 Consigo 1600 Handball: Women Europe Championship 1715 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic: Saving the White Horses of Lipizza 2200 News 2240 Lipstick Jungle, series 2330 Exit - The right to die 0030 Stage 0215 Noites da Doi 0300 Remix Stand Ups 0330 Balanco & Contas 0415 Sociedade Civil 0545 Consigo 0615 A Fé dos Homens

SIC
0600 Sic Noticias 0800 Sic Kids 0930 Dia Em Grande 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1600 Contacto 1800 Rebelde Way 1900 A Roda da Sorte 2000 News 2130 Tá a Gravar 2215 Podia Acabar o Mundo 2315 A Favorita 0300 CSI New York, series 0130 CSI Las Vegas, series 0230 Todos em Linha

TVI
0700 Diário Da Manhã 1015 Você na TV 1300 News 1400 As Tardes de Júlia 1700 Quem Quer Ganha 1815 Morangos com Açúcar 2000 News 2145 Euromillions 2200 Flor do Mar 2315 Felicidade do Amor 2345 Olhos nos Olhos 0030 Dr Preciso de Ajuda 0230 Sempre a Somar 0345 Até que a Morte nos Separa 0415 TV Negócios 0430 The Beast, mini-series 0530 Telealeas

Best of the Rest

BBC3
7.00 Doctor Who 7.55 Doctor Who Confidential 8.00 The Real Hustle: High Stakes 8.30 The Real Hustle: High Stakes 9.00 Britain's Missing Top Model 10.00 EastEnders 10.30 Family Guy 10.55 Family Guy 11.20 Summer Heights High 11.50 Two Pints of Lager and a Packet of Crisps 12.20 Two Pints of Lager and a Packet of Crisps 12.45 Grownups 1.15 The Real Hustle: High Stakes 1.45 Britain's Missing Top Model 2.45 Two Pints of Lager and a Packet of Crisps 3.15 Two Pints of Lager and a Packet of Crisps 3.45 Grownups 4.10 Clone 4.40 Close

BBC4
7.00 World News Today 7.30 Gervig Conducts Mahler's 6th Symphony 9.00 Legends 10.00 Nana Mouskouri at the BBC 11.00 The Nana Mouskouri Show 11.45 Charlie Brooker's Screenwipe 12.35 The New Avengers 1.30 The Avengers 2.20 Gervig Conducts Mahler's 6th Symphony 3.45 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphaell 5.15 The Montel Williams Show 6.00 Judge Judy 6.30 The X Factor 8.10 The X Factor - The Result 8.40 Film: Along Came Polly 12 (2004) 10.30 I'm a Celebrity Get Me Out of Here Now! 11.30 Ghosthunting with I'm a Celebrity 1.30 Coronation Street 2.00 Teleshopping 5.00 ITV2 Nightscreen

Sky1
1.00 Project Runway 2.00 Law & Order 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Lion Man 5.30 Malcolm in the Middle 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The

Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Wayne Rooney's Street Striker 10.00 Britney: For the Record 11.30 Top 50 Celebrity Meltdowns 1.30 Road Wars 2.30 Caribbean Uncovered 3.25 Stargate SG-1 4.20 Stargate SG-1 5.10 GUILTY

G.O.L.D
1.15 Last of the Summer Wine 1.55 Last of the Summer Wine 2.35 Only Fools and Horses 3.40 My Family 4.20 To the Manor Born 5.00 As Time Goes By 5.40 Some Mothers Do 'Ave 'Em 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 My Family 9.00 Blackadder's Christmas Carol 10.00 Only Fools and Horses 11.00 The Royle Family 11.40 Gimme Gimme Gimme 12.20 Blackadder's Christmas Carol 1.25 The Royle Family 2.00 Gimme Gimme Gimme 2.35 Generation Game - Now and Then 3.00 Close

TCM
1.00 The Wreck of the Mary Deare U (1959) 3.00 The Jazz Singer PG (1980) 5.10 In the Good Old Summertime U (1949) 7.05 The Cincinnati Kid PG (1965) 9.05 Westworld 15 (1973) 10.40 Hit Man 15 (1972) 12.20 The Best House in London 15 (1968) 2.05 Adventures of Tartu PG (1943) 3.50 Mark of the Vampire PG (1935) 5.00 High Wall PG (1947)

The Disney Channel
Kids' programmes from 7am, except: 6.05 Film: The Ultimate Christmas Present U (2000) Family adventure, starring Hallie Hirsch. 8.00 Film: Minutemen PG (2008) Sci-fi comedy, starring Jason Dolley. 9.30 Film: The Ultimate Christmas Present U (2000) Family adventure, starring Hallie Hirsch.

MOVIES

Sky Movies Drama

6.15 Wanted 15 (1998) 8.00 Above and Beyond 15 (2001) 9.45 The Top 10 Show 10.00 Eddie Macdon's Run 15 (1983) 11.45 Columbo: Strange Bedfellows PG (1995) With Peter Falk. 1.30 Ride with the Devil 15 (1999) With Tobey Maguire. 3.50 Goya's Ghosts 15 (2006) With Javier Bardem. 5.50 Becoming Jane PG (2006) With Anne Hathaway. 8.00 The Guardian 15 (2006) With Kevin Costner. 10.30 The Hurricane 15 (1999) With Denzel Washington. 1.00 The Departed 18 (2006) With Jack Nicholson. 3.30 The Wicked Lady 18 (1983) 5.15 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

6.00 Bad Manners 15 (1997) 7.35 Saving Grace 15 (1999) 9.15 Confessions of an Ugly Stepister U (2001) 10.55 Bring It On: In It to Win It 12 (2007) 12.30 Knocked Out 15 (2007) With Seth Rogen. 2.45 Let's Go to Prison 15 (2006) With Dax Shepard. 4.20 Alex Zane's Guest List 4.45 Rushmore 15 (1999) With Jason

Schwartzman. 6.25 Bring It On: In It to Win It 12 (2007) With Ashley Benson. 8.00 Knocked Out 15 (2007) With Seth Rogen. 10.15 Let's Go to Prison 15 (2006) With Dax Shepard. 11.50 Rushmore 15 (1999) With Jason Schwartzman. 1.25 The Big Hit 18 (1998) With Mark Wahlberg. 3.00 Saving Grace 15 (1999) With Brenda Blethyn. 4.40 Confessions of an Ugly Stepister U (2001)

Sky Movies Action/

Thriller 6.20 Gorky Park 15 (1983) 8.40 Lake Placid 15 (2000) 10.15 Klute 18 (1971) 12.25 Flags of Our Fathers 15 (2006) With Ryan Phillippe. 2.50 Rocky V PG (1990) With Sylvester Stallone. 4.50 The Top 10 Show 5.10 Lake Placid 15 (2000) With Bill Pullman. 6.45 Gorky Park 15 (1983) With William Hurt. 9.00 Blood Diamond 15 (2006) With Leonardo DiCaprio. 11.25 Soldier 18 (1998) With Kurt Russell. 1.10 Platoon 15 (1986) With Charlie Sheen. 3.15 Playing God 18 (1997) 5.00 Rocky V PG (1990)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big Fight Countdown 9.30 Carling Cup Special 10.30 Premier League World 11.00 Soccerex 2008 11.30 FIFA Futbol Mundial 2.30 Big Fight Countdown 12.30 Premier League World 1.00 Carling Cup Special 2.40 Big Fight Countdown 2.30 Soccerex 2008 3.00 Premier League World 3.30 Carling Cup Special 4.30 Big Fight Countdown 5.00 Premier League World 5.30 Big League Weekend 1 6.30 De La Hoya v Pacquiao 24/7 7.00 Premier League Preview 7.40 European Rugby Union. Cardiff Blues v Biarritz (Kick-off: 8.00pm). 10.00 De La Hoya v Pacquiao 24/7 10.30 Live Friday Fight Night. David Barnes v Colin Lynes. 12.00 Big League Weekend 1 1.00 Off The Bar 1.30 Premier League Preview 2.00 De La Hoya v Pacquiao 24/7 2.30 Friday Fight Night 4.00 Big League Weekend 1 5.00 De La Hoya v Pacquiao 24/7 5.30 Premier League Preview

Sky Sports 2

6.00 Aerobics Oz: Style 6.30 Snow Adventures 7.00 WWE: Raw 9.00 Race World 10.00 European Rugby Union 1.00 Soccerex 2008 1.30 Airsports World 2.00 NFL 3.30 Snow Adventures 4.00 Airsports World 4.30 Soccerex 2008 5.00 NFL: Total Access 6.00 Snow Adventures 6.30 World 7.00 Tight Lines 8.00 Big League Weekend 1 9.00 Off The Bar 9.30 Premier League Preview 10.00 Tight Lines 11.00 NFL: Total Access 12.00 European Rugby Union 2.30 Tight Lines 3.30 British Ice Hockey

Sky Sports 3

8.00 Netball 10.00 Legends Motor Racing 10.30 Soccerex 2008 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Race World 1.00 NFL: Total Access 2.00 Snow Adventures 2.30 ATP Tennis 3.00 Transworld Sport 4.00 Race World 5.00 WWE: Raw 7.00 Ocean Race 7.30 Snow Adventures 8.00 Express Evening 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Express Evening 3.00 WWE: Late Night - Smackdown 5.00 World Sport 5.30 Ocean Race

British Eurosport

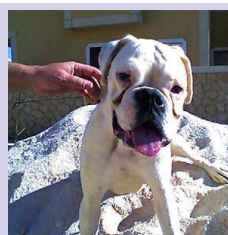
7.30 World Rally Championship 8.00 Luge 8.30 UEFA Cup Football 9.30 Biathlon 11.00 Women's International Football 12.45 UEFA Cup Football 2.30 UEFA Cup Football 3.15 Biathlon 4.45 Eurogals 5.00 Live Ski Jumping. The World Cup, meeting from Tondheim. 6.00 Live Alpine Skiing. World Cup, meeting from Beaver Creek. 7.30 Live Alpine Skiing. World Cup coverage from Lake Louise. 9.00 Eurogals 9.15 NEC Bike Show 10.15 World Rally Championship 10.45 Yoz Magazine 11.15 Ski Jumping 12.00 World Rally Championship 12.30 Close

Sky Sports Xtra

1.30 Legends Motor Racing 2.00 Pool 3.30 Netball 5.30 British Ice Hockey 8.00 NFL 9.30 World Sport 10.00 Big League Weekend 1 11.00 Off The Bar 11.30 Premier League Preview 12.00 British Ice Hockey 2.30 Ocean Race 3.00 NFL: Total Access 4.00 Ocean Race 4.30 Snow Adventures 5.00 Race World

Hi There !

Leika is a very sweet dog, she loves people and children and gets on very well with other dogs. Leika is 1 year old, she has been wormed, deflead and spayed. She is no trouble at all! She is waiting for too long for a home, but she still believes that somebody will come for her one day. She has so much to give! Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



White boxer bitch ca. 3 years old abandoned on a building site is looking desperately for a new home. She is very firendly, but shy. Please contact Sylvia - T. 919 154 544. If you have a garden and want a pet or know of anyone who does, please call the number above.

Do you remember **Dolly**? She is still with us and is desperately looking for a nice, loving home. Dolly is very well behaved and house trained, but she doesn't like cats at all and is unable to live with them! She chases them! She is very young, kind and is an ideal dog for a family. She has been wormed, deflead and spayed and is very healthy. Call Valérie for a visit 913 860 865 or 282 342 823 (eves) lili10.evann@yahoo.fr



Rosy is one of the beautiful puppies which are waiting for a nice loving home at the Donkey Sanctuary. Rosy will be a big, gentle, fluffy dog and the others are as beautiful and kind as she is. She has been wormed and deflead. If you are willing to get a puppy, any size, call Valérie and book a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr

Nelia was born on the beach. She has never had a home. One of Bianca friends brought her when he saw her limping. She had an X-ray taken and it revealed that she had pieces of lead in her leg - someone was practising shooting to dogs on the beach. She stayed in the shelter. VERY friendly with people and other dogs, 8 months old, already sterilised and does not limp any more. If you would like to give her a home, please contact us: sesimbra.bianca@gmail.com (English, French and Spanish spoken) and read about our work at www.bianca.pt/english and <http://bianca-pet-rescue-adoption.blogspot.com/>



Please note that we are already selling our Calendars 2009 with beautiful pictures of Bianca dogs! You can order them by sending us an email to: lojinha@bianca.pt By buying it, you are helping our animals. Thank you.



Please note that we are already selling our Calendars 2009 with beautiful pictures of Bianca dogs! You can order them by sending us an email to: lojinha@bianca.pt By buying it, you are helping our animals. Thank you.

Cold nights — lots of warm beds



In our house the best thermometer is our four legged friends. The last couple of weeks they have been trying to take over our bed as it seems warmer to them than their own!! I have promised them and lots of our other clients new beds. We now have beds, beds and more beds in our shops.

Starting with the VetBeds. We first bought them to the Algarve our first year here and they remain a firm favourite with many clients and their pets. Our Vet Beds are thick and come in various colours, including blue, heather, green, brown and grey. They do not 'wander' across the floor which is good — I must add that they will if crazy water dogs skate on them which they sometimes do. They like to run fast, land on vet bed, stop suddenly then roll taking the vetbed with them — so you have a vet bed cylinder with PWD tail hanging out of one end and nose out of the other. They come in two sizes, beds not waterdogs!.

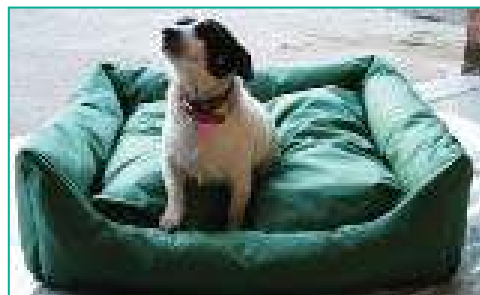
We now have the thick waterbeds back in stock in two colours, blue and pale green. In addition to the normal square ones we have the 'cozy' version which has the little walls around to keep out draughts and make certain our four footed friends can curl up and be snug. These waterproof beds are just that, 10.5tog duvet within, waterproof material on the outside which makes keeping them clean so easy. On a personal basis I use my large waterproof for grooming the PWDs, it is comfortable for them and easy to dry the bed after. These waterproof beds are also wonderful to put on the terrace, this time of year the

terrace slabs can be a bit cold for our 'fussier' canines, putting the waterproof in the sun is the ideal place for an afternoon snooze!!



VetBed

Our nearest line which I have to say I, and already some clients, are raving about are the new Merino Wool Beds. They look good enough for us!! They really are the best doggy bed you will ever buy — I have treated mine and I firmly believe (oh foolish one) that I may get my bed back. They are made from 100% Natural Merino Wool with a faux suede backing — which can be washed on a cool wash. The inner section is filled with a new ball fibre that will never ever go flat. They come in various sizes, and are just the answer for a pampered pet — well they all are aren't they. They are so fabulous they actually look quite at home in the living room, I suspect however that their dogs may lose them to the children!!



Thick waterbeds

We have lots, and I mean lots, shelves, of colourful beds, all sizes, the cozy type with the sides and also some flat ones. We tend to find that the cozy ones are much better in the winter, they keep out the draughts. It is impossible to add photos of them all we have soooooo many.

We also have the plastic perla beds, these are wonderful for outside, we have the cushions for them as well.

So, the advice is to come and

see us as soon as possible and buy your favourite friend a winter pressie, you may get the sofa and the bed back!! I will keep you posted whether it works in our house!

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Happy Birthday Cleo



Cleo about 10 weeks old.

On Sunday 30th November my little girl becomes three years old. What a different girl we have now. The pictures say it all, the first one was taken when she was about 10 weeks old, the other was taken a few months ago.

we did it, it is a fabulous place. Most times when we dash off for shows we do not see the area so this made a change. Cleo was in her element, so many people commented on her, of course the Spanish

by how well Cleo behaved—not me as I know my girl, she has always been a good girl. She is highly intelligent and works everything out. She remains very bouncy but that is Portuguese Water Dog and all part of their charm. So, Cleo had a fun weekend on her own being No1 which she really enjoyed, just being a fun dog for the weekend.

Just to add to my stress levels Cleo has decided now would be a good time to perhaps come into season, nearly 3 months late but of course it will have far more impact now with Daddy in charge, poor Daddy. However with Cleo nothing is certain, she is just as likely to stop again. I suspect Merlin will be rehomed over to Laura before I get back again. This will prevent Merlin getting into a testosterone induced state and make Jim's life a bit easier. It will however complicate my attempt to get Merlin to a show in December but I am sure we will work it all out as per normal.

Again, Happy Birthday Cleo and thank you for being a fabulous girl. Thank you for mending my broken heart when you came to me in January 2006. Cleo opened up a whole new world to me when she came to me, lots of cuddles to Cleo.

Also a big thank you to everyone out there in doggy Algarve who are so kind to us and support us in our new career!!

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Sadly I will be in the UK for her Birthday, I am doing the 'pre Christmas' run to visit everyone back there. Trying to fit time away in around Paws4Pets and shows for both Cleo and Merlin is a logistical nightmare. Something had to give—so Cleo will have her birthday treat and cuddle when I get back.

However, last weekend Jim and I had a Cleo weekend which I will class as Cleo's special time, quality time with Cleo. We went to Jerez near Cadiz. Cleo is an absolute joy to be away with, she is so good, well behaved and absolutely no trouble.

We had shows on both days—Saturday was a bit of a nightmare as we arrived at the eleventh hour so it was all rush and panic. Cleo is never very relaxed at a show if she jumps out of the car and into the ring. The Judge was very complimentary however so that was good. Sunday Cleo was much more relaxed so it went even better and she came away with the points we needed.

Saturday afternoon Jim decided that we had to go and see Jerez, which was a very good idea. We walked all around the old town, had a pleasant coffee

break (I was exhausted by then) then, of course, we had to walk all the way back. I am really glad

Water Dog looks so different that Cleo did stand out rather.

I think Jim was quite impressed



Cleo a few months ago

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IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST MARIA, São Pedro do Estoril Catholic Service in English every Sunday at 10.15 Tel. 21 467 3771

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INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Jan Momo

BAPTIST MISSION - Esqueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986

GREATER GRACE WORLD OUTREACH has live (and archived!) upbeat and inspiring Worship Services available for free viewing through their website www.ggw.org—the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1.º d.º, Fontainhas, 2750-134 Cascais. Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, Nº 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm—all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S. PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England), Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela.

Sunday School. Service 11.30am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England), Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril), Sunday School. Service 9.30am every Sunday. Tel. 21 4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja D1 do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

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IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 85, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15 / Portuguese 12.00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua da Barroca, 122 (Bairro Alto), Lisbon. Saturday 6.30pm. Tel: 213 421 604. No collection.

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations: 11.30am St Luke's, Monte de Palhaqueira, Górges (Near Sia Barbara). Contact Sandra 289 791 699 & 919055959.9:30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almancil. Contact Rosie 289 328 302.8:00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788104. More info: www.stvincentsalgarve.org

ALL SAINTS ANGLICAN CHURCH, AIGARVE - Contemporary, Evangelical worship. Sundays: Holy Communion Service with Crèche and Adventurers. 10.30am Community Centre, Almancil (ASCA) - Associação Social e Cultural de Almancil. Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allsaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am: at St. Lourenço Church - Almancil - 6.30pm: at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto on 966168120 or Vitoronvgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/ C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipra Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@lhbv.pt

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INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Gólfinho). Tel. 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlantic Waterslide Park. Services in English, creche and Sunday School. For further information: 289 928635.

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ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm. St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459 151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

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JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembouro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 485 495. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

Oporto

ENGLISH SERVICES IN OPORTO—GREATER GRACE now has contemporary worship in Porto as of 1/1/18; Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sã da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.NovaAurora.com, by email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggw.org.

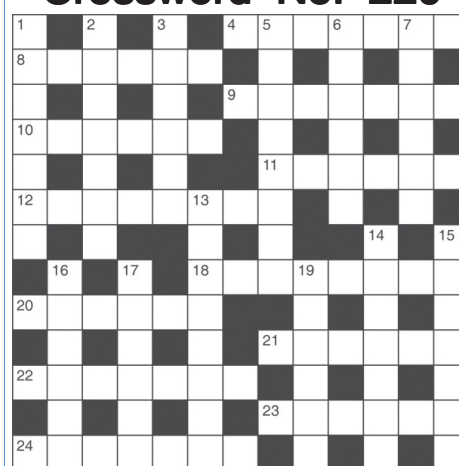
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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoport.com

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde). Service 10am, Salvation Meeting 5.00pm. Colours Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting. **JEHOVAH'S WITNESSES** - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Sade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce"). All welcome.

The Portugal News Crossword No. 220



QUICK CLUES

ACROSS

4. Entrance (7)
8. Merited (7)
9. Insult (7)
10. Expense (6)
11. Riot (6)
12. Rectory (8)
18. Gap (8)
20. Entertain (6)
21. Caress (6)
22. Usual (7)
23. Hand gun (6)
24. Quill (7)

DOWN

1. Rotate (7)
2. Defend (7)
3. Mend (6)
5. Wealthy (8)
6. Mistakes (6)
7. Yearly (6)
13. Estrange (8)
14. Covetousness (7)
15. Aged (7)
16. Strict (6)
17. Obvious (6)
19. Alien (6)

QUICK SOLUTIONS Nº: 219

Across: 1 Stereoscope; 9 Cow; 10 Decompose; 11 Elf; 13 Located; 14 Enrich; 16 Please; 18 Amative; 19 Alert; 20 Exhibited; 21 Lei; 22 Predecessor.

Down: 2 Tow; 3 Rodin; 4 Occult; 5 Comical; 6 Prostrate; 7 Accelerates; 8 Dead certain; 12 Forgather; 15 Climbed; 17 Hectic; 19 Aides; 21 Leo.

Focus

New monthly event

Next event:

Sat 13th Dec

Carvalho Tennis Club

• Modern worship

• Prayer

6.30pm for coffee

7.00pm for event

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Upward Glance

with Joyce Voelker

Every Knee Shall Bow

How could a loving God send sinners to hell? The question has been asked for centuries. The answer is, He doesn't! They volunteer. But still we wonder if the punishment is fair. Doesn't such a penalty seem inconsistent with a God of love? Is it really necessary? A sinner's rebellion doesn't warrant an eternity of suffering, does it? Isn't God overreacting?

How dare we accuse God of unfairness. He wrapped caution tape on hell's porch and posted a million and one red flags outside the entrance. To descend its stairs, you'd have

to cover your ears, blindfold your eyes, and, most of all, ignore the epic sacrifice of history. The sinless Christ hung on the cross and cried out through the blackened sky. "My God, my God, why have you forsaken me?" (Matthew 27:46) The supreme surprise of hell is this: Christ went there so you won't have to. He chose the nails so that each of us could choose eternal life.

Many recoil at such definitiveness. John 14:6 and Acts 4:12 sound primitive in this era of broadband and broad minds. The world is shrinking, cultures are blending, borders are bending; this is the day of inclusion. All

roads lead to heaven, don't they? Christ's words were no more easily accepted when He first spoke them. Christ's words to a religious leader one dark night speak to all of us who would rather believe that all roads lead to heaven. "Jesus told him, 'I am the way, the truth, and the life. No one can come to the Father except through me.'" (John 14:6) (Adapted from "Every Knee Shall Bow" by Max Lucado)

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

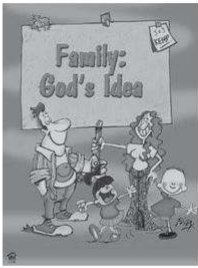
Announcements

Family—God's Idea!

Whether you are happily married, soon to be, kids driving you mad, bored with your partner or hurting from a failed relationship, this seminar has something for you.

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Seminar organised by Riverside Porto church from Saturday 6th December to Monday 8th December at Esmoriz. Cost including hotel and food is €100 per person. For full details and an application form call the church on 227 627 643. Places are limited.



THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, 962 633 811, for details of our work for animal welfare. Please help.

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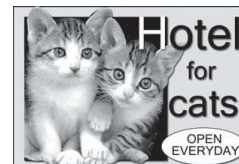
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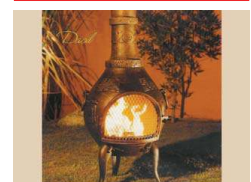
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Dragons steaming in Turkey, Spanish matadors tame Lions



FC Porto's Lisandro (L) celebrates his second goal with his team-mate Cristian Rodriguez during the Champions League Group G match against Fenerbahce at Sukru Saracoglu Stadium in Istanbul, Turkey on Tuesday. (Photo: EPA/Tolga Bozoglu)



FC Porto proved they can cope with pressure this week as they guaranteed their passage into the lucrative knockout phase of the UEFA Champions League by beating Fenerbahce two goals to one; whilst Sporting, already through the group stages, could not climb to top of the table as Barcelona proved too strong and beat them 5-2 at the Alvalade Stadium.

Despite being under pressure initially on Tuesday night, FC Porto drew first blood as Lisandro scored a close range goal after 19 minutes. The 2004 European champions proved they can still have an effective midfield without suspended Argentine international Lucho and their attacking trio (Hulk, Lisandro and Cristian Rodriguez) were a constant threat to the Turkish team's defence. The Dragons doubled their score ten minutes after opening the scoring, when Lisandro scored again. Despite his first shot being blocked by defender Volkan, and hints of handball, Lisandro demonstrated his attacking skills by putting his second effort in the net.

Struggling on the pitch, Fenerbahce brought on Kazim Kazim, the Turkish international, and it was he who scored the team's only goal, a deflected shot fifteen minutes into the second half. FC Porto continued the game always threatening to score and their defence was rock solid throughout the remaining half an hour of the match. FC Porto guaranteed their presence in the knockout stages with this victory and can still take first place in their group, if they beat Arsenal at Oporto.

Sporting were much more relaxed than FC Porto going into their match as they had already secured their presence in the knockout stages in the previous

round, which might have served to their detriment.

Their relaxation did not pay off though as Barcelona secured first place in the group with a flurry of goals at the Alvalade Stadium.

Sporting were two goals down in the first half, with goals by Henry and former Manchester United reserve Piqué; and Barcelona's lead was extended early in the second half to three nil thanks to Messi.

It seemed as if Sporting was going to make an amazing comeback as the Lions scored two goals in two minutes. Miguel Veloso scored an impressive curling free kick and Liedson was able to beat Valdés on a one on one.

But their comeback hopes ended just a minute later when Portuguese international Marco Caneira scored an own goal. Rui Patrício was sent off, perhaps harshly after 73 minutes for blocking Boján in the box, despite getting a touch on the ball. The striker, though replacement goalkeeper Tiago managed to get both hands to the ball, made the most out of his penalty kick, ending the score at 5-2.

Sporting will play their final group stage game against Basel on 9th December and FC Porto will play Arsenal to see if they can grab first place going into the knockout stages and possibly exact some form of revenge for their 4-0 drubbing at the hands of the Gunners earlier this season at the Emirates Stadium in North London.

Leixões still on top

It has been a dream season for Leixões in the Liga Sagres as they are still top of the table after nine rounds. With seven wins, one draw and one loss, they are one point ahead of Benfica, but six points clear of Sporting and eight ahead of defending champions FC Porto.

The Liga Sagres has been an interesting one to say the least. Last year FC Porto were flying past other teams in first place; but this year, the Portuguese 'blues' are sixth in the table and the first three places only have one of the 'greats' there.

Leixões beat Rio Ave 2-1 last

week, securing their first place but Benfica did not let the gap increase as they beat Académica 2-0. Nacional is still in third, with 17 points, as they beat Trofense by a single goal.

Sporting also won their fixture against Naval, keeping them in fourth, and Marítimo was only able to get one point from their match against Sporting Braga and

so remain fifth.

FC Porto still have a game in hand and if they win against Estrela Amadora on Monday they will jump into joint second with Nacional.

Next round Leixões will play Naval, Benfica will go against Vitória de Setúbal, Sporting is up against Vitória de Guimarães and FC Porto play Académica.

Formula 1 testing confirmed at Algarve MotorPark

Formula 1 testing is returning to Portugal, with McLaren, Honda and Ferrari coming to the Algarve MotorPark on 16th, 17th and 18th December to test and tune their cars.

Portimão's new racetrack has brought Formula 1 cars back to Portugal, although it is only for testing. Next month, three of what can be considered the best teams in the motor sport world

will be testing their cars on the new racetrack that has already received some of the best motorsport events in the world and which promises to receive many more.

SUPERLEAGUE FIXTURES DAY 10

MATCH	DATE	TIME	TV
Leixões-Naval	Friday	20h30	SportTV1
Belenenses-Marítimo	Saturday	18h45	SportTV1
P. Ferreira-Amadora	Sunday	16h00	
Trofense-Rio Ave	Sunday	16h00	
Braga-Nacional	Sunday	18h00	SportTV
Sporting-Guimarães	Sunday	20h15	SportTV
FC Porto-Académica	Monday	18h15	SportTV
Benfica-Setúbal	Monday	20h30	RTP 1













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